

環境建立

郭益華

目錄

1. [VMware下載](#)
2. [建立Kali Linux虛擬機](#)
3. [建立metasploitable](#)
4. [建立 Windows 虛擬機](#)

1. Vmware下載

Google 搜尋



vmware workstation player 17



圖片

影片

購物

序號

新聞

地圖

書籍

航班

財經

約有 3,040,000 項結果 (搜尋時間：0.40 秒)



VMware

<https://www.vmware.com/workstation-player/work...>

下載 VMware Workstation Player



VMware Workstation 17 Player. VMware Workstation Player. VMware Workstation Player 是在 Windows 或 Linux PC 上執行單一虛擬機的理想公用 ...

點選 Windows的 立即下載

VMware Workstation 17 Player



VMware Workstation 17 Player

VMware Workstation Player

[VMware Workstation Player](#) 是在 Windows 或 Linux PC 上執行單一虛擬機的理想公用程式。企業可利用 Workstation Player 交付受管理的企業桌面平台，學生及教育人員則可用來進行學習與訓練。

免費版本可供非商業、個人與家庭使用。我們也鼓勵學生與非營利組織善用本免費版本。

公司行號若要使用 Workstation Player，則需要取得商用授權。

您需要更先進的虛擬化解決方案嗎？請查看 [Workstation Pro](#)。

試用 Windows 適用的 Workstation 17 Player


[立即下載 >](#)

試用 Linux 適用的 Workstation 17 Player

[立即下載 >](#)

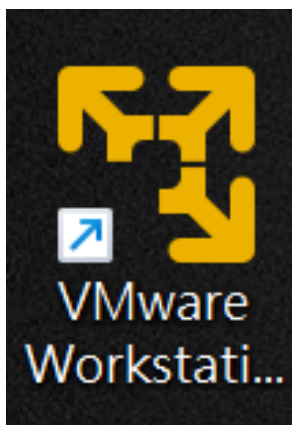
開啟安裝檔點選Next即可

✓ 今天

 VMware-player-full-17.5.0-22583795

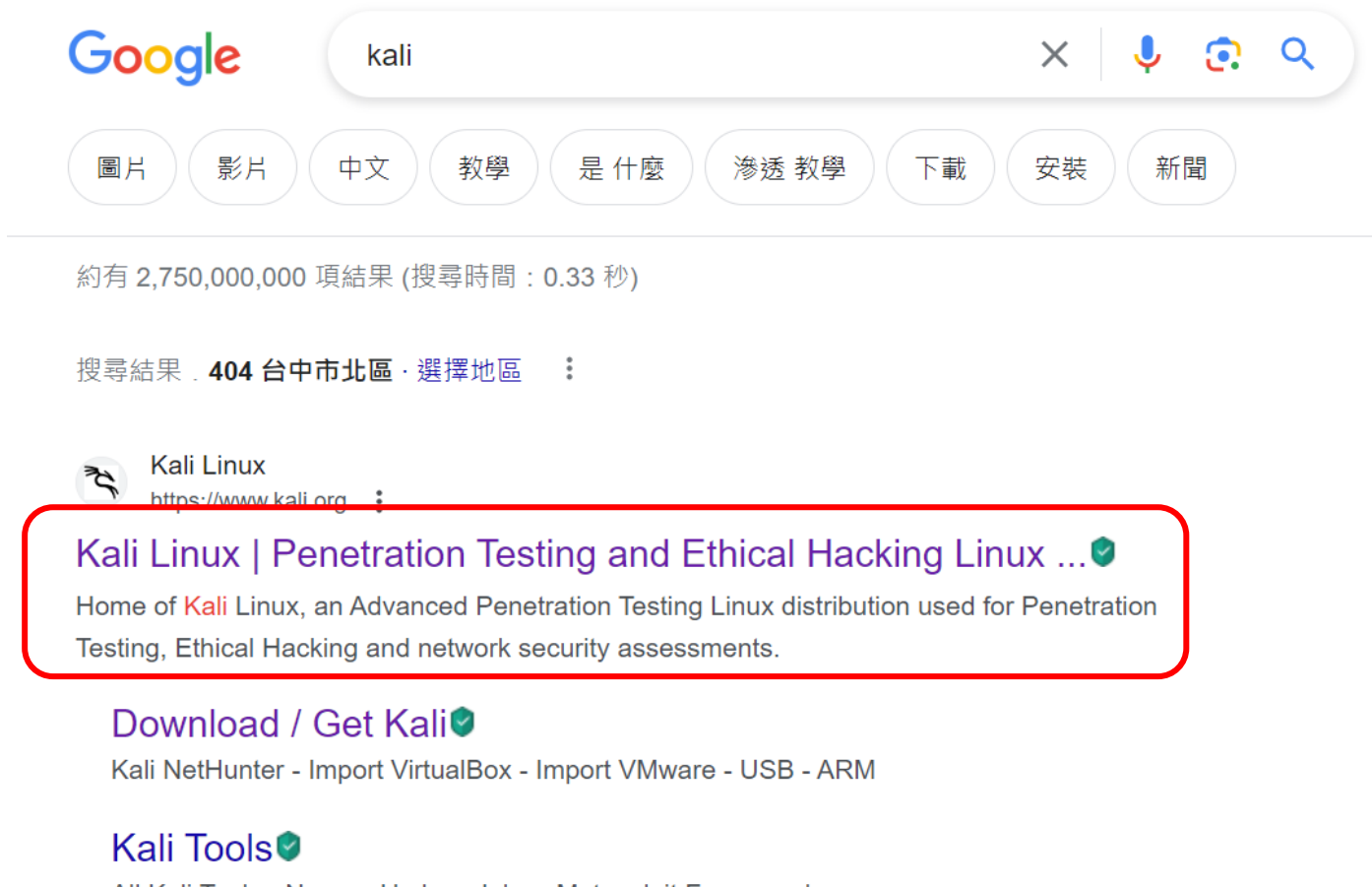


安裝後 VMware開啟畫面



2. 建立Kali Linux虛擬機

Google 搜尋 kali



The image shows a Google search interface. At the top, the Google logo is on the left, and a search bar contains the text 'kali'. To the right of the search bar are icons for voice search, image search, and a magnifying glass. Below the search bar is a row of filters: 圖片, 影片, 中文, 教學, 是什麼, 滲透 教學, 下載, 安裝, and 新聞. Below the filters, it says '約有 2,750,000,000 項結果 (搜尋時間 : 0.33 秒)'. Below that, it says '搜尋結果 · 404 台中市北區 · 選擇地區'. The first search result is for 'Kali Linux' with the URL 'https://www.kali.org'. The result title is 'Kali Linux | Penetration Testing and Ethical Hacking Linux ...' and the description is 'Home of Kali Linux, an Advanced Penetration Testing Linux distribution used for Penetration Testing, Ethical Hacking and network security assessments.' Below the result is a link 'Download / Get Kali' and a list of links: 'Kali NetHunter - Import VirtualBox - Import VMware - USB - ARM'. Below that is a link 'Kali Tools'.

Google kali

圖片 影片 中文 教學 是什麼 滲透 教學 下載 安裝 新聞

約有 2,750,000,000 項結果 (搜尋時間 : 0.33 秒)

搜尋結果 · 404 台中市北區 · 選擇地區

Kali Linux
https://www.kali.org

Kali Linux | Penetration Testing and Ethical Hacking Linux ...

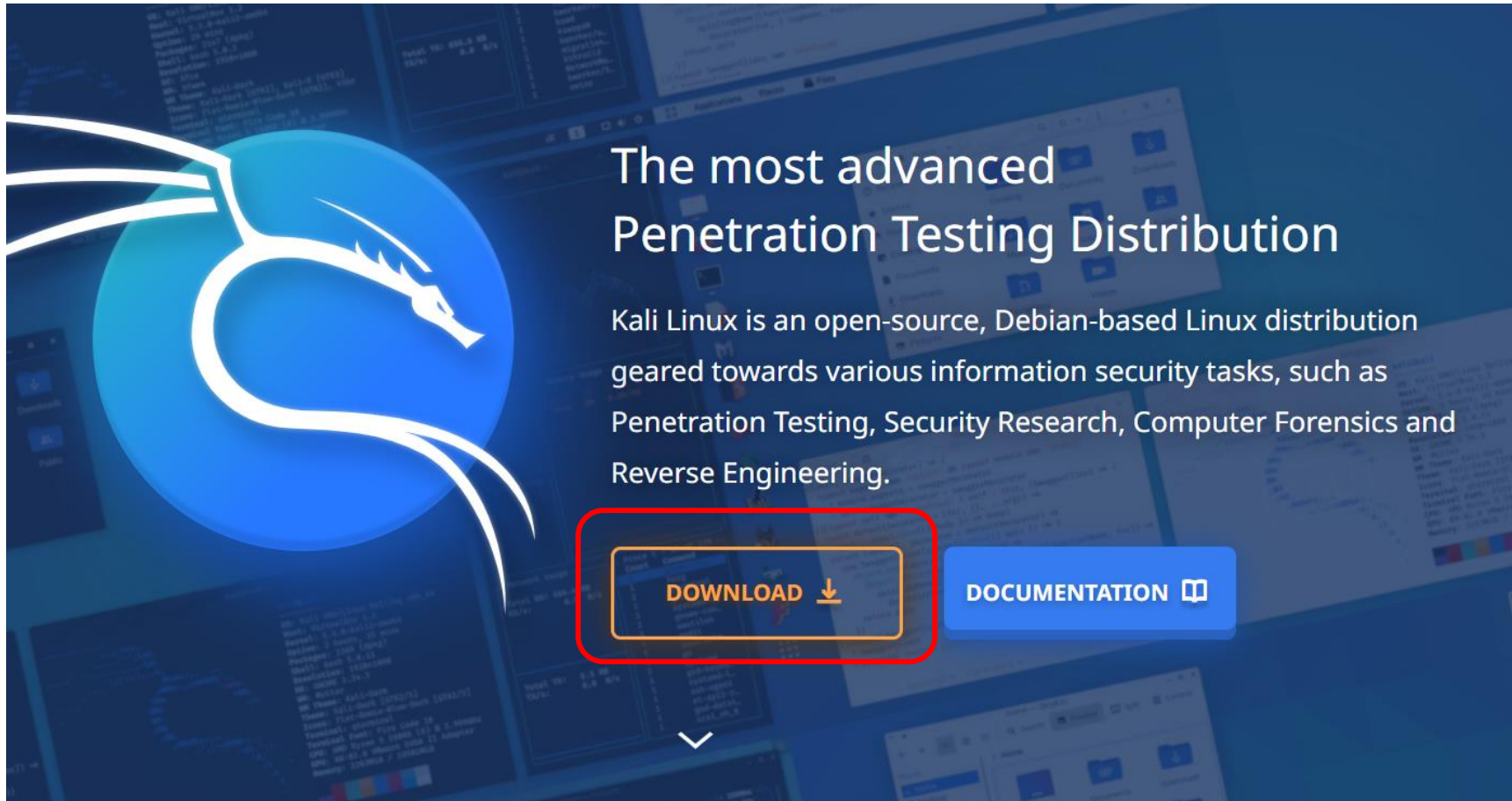
Home of Kali Linux, an Advanced Penetration Testing Linux distribution used for Penetration Testing, Ethical Hacking and network security assessments.

[Download / Get Kali](#)


Kali NetHunter - Import VirtualBox - Import VMware - USB - ARM

[Kali Tools](#)

點選DOWNLOAD




選擇 Virtual Machines > 點選 Recommend




Installer Images

- ✓ Direct access to hardware
- ✓ Customized Kali kernel
- ✓ No overhead

Single or multiple boot Kali, giving you complete control over the hardware access (perfect for in-built Wi-Fi and GPU), enabling the best performance.


 Recommended



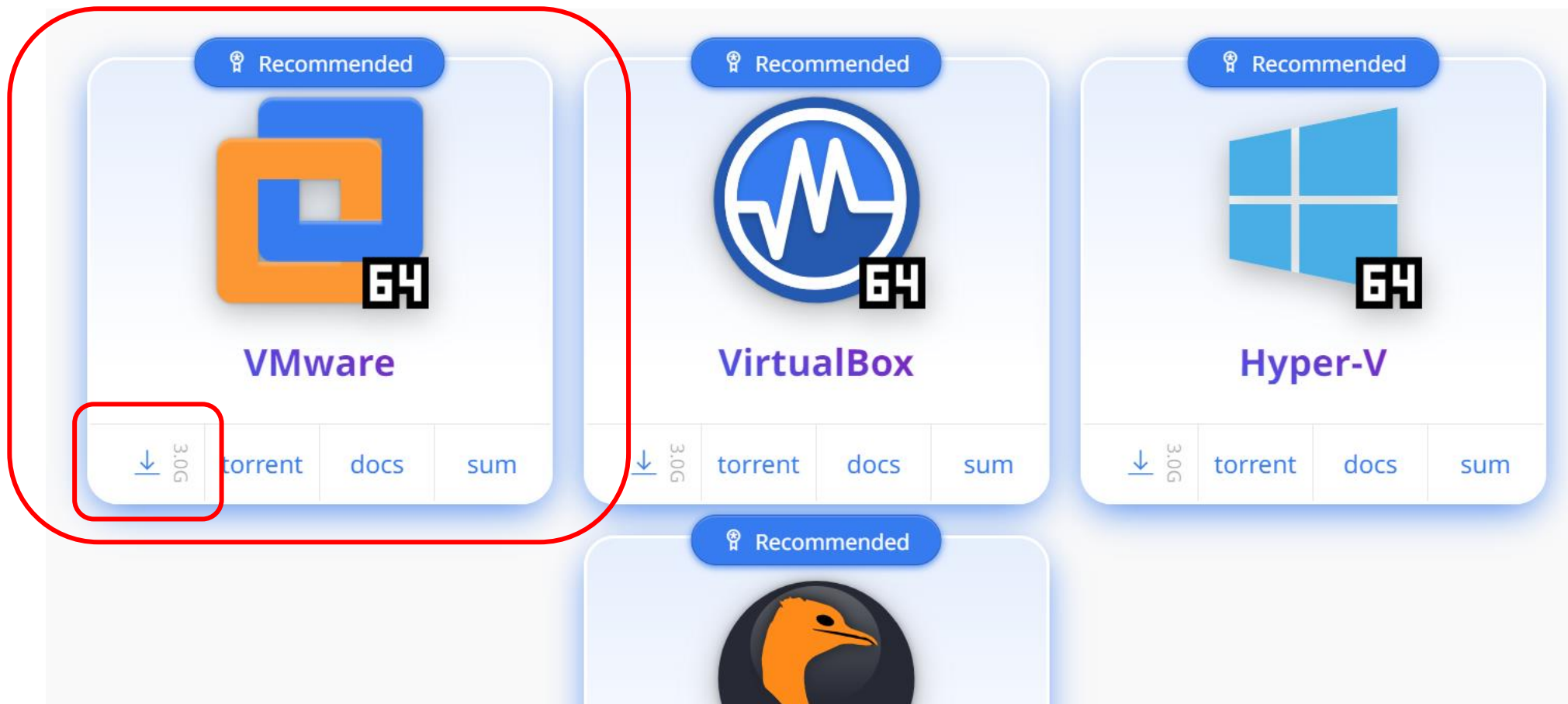
Virtual Machines

- ✓ Snapshots functionary
- ✓ Isolated environment
- ✓ Customized Kali kernel
- ✗ Limited direct access to hardware
- ✗ Higher system requirements

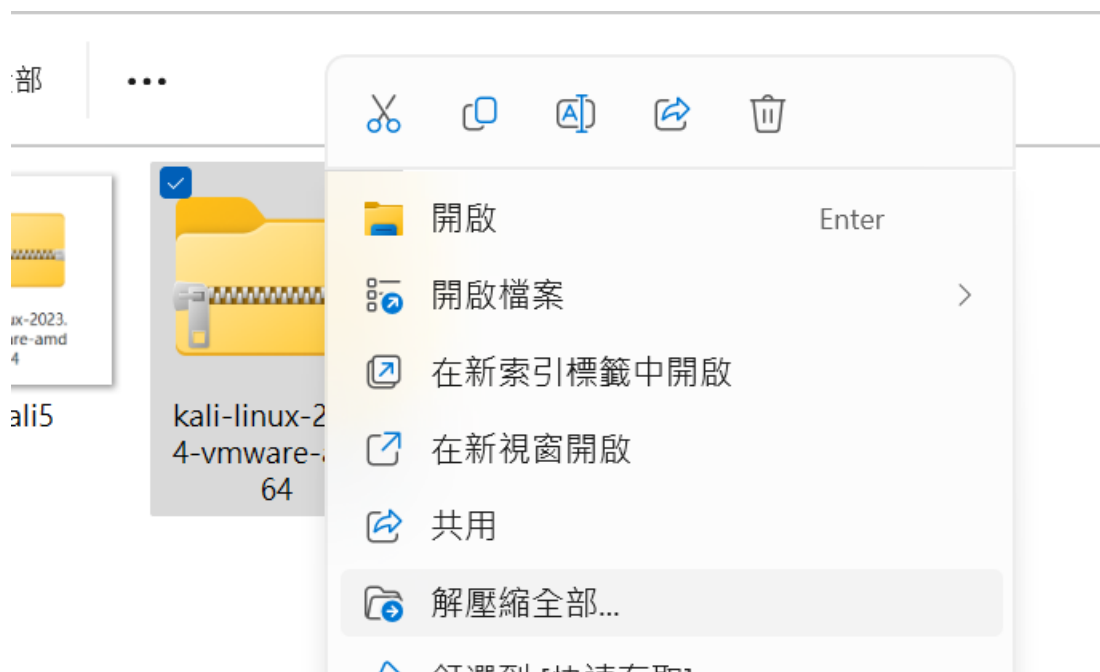
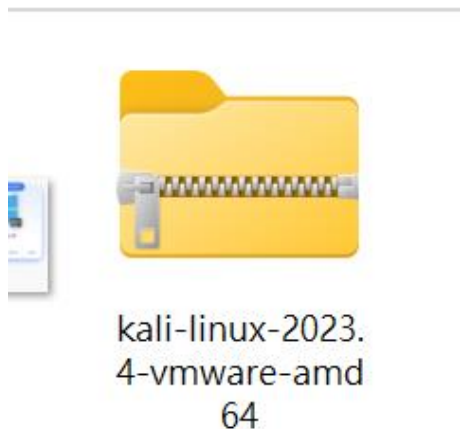
VMware & VirtualBox pre-built images. Allowing for a Kali install without altering the host OS with additional features such as snapshots. Vagrant images for quick spin-up also available.

 Recommended

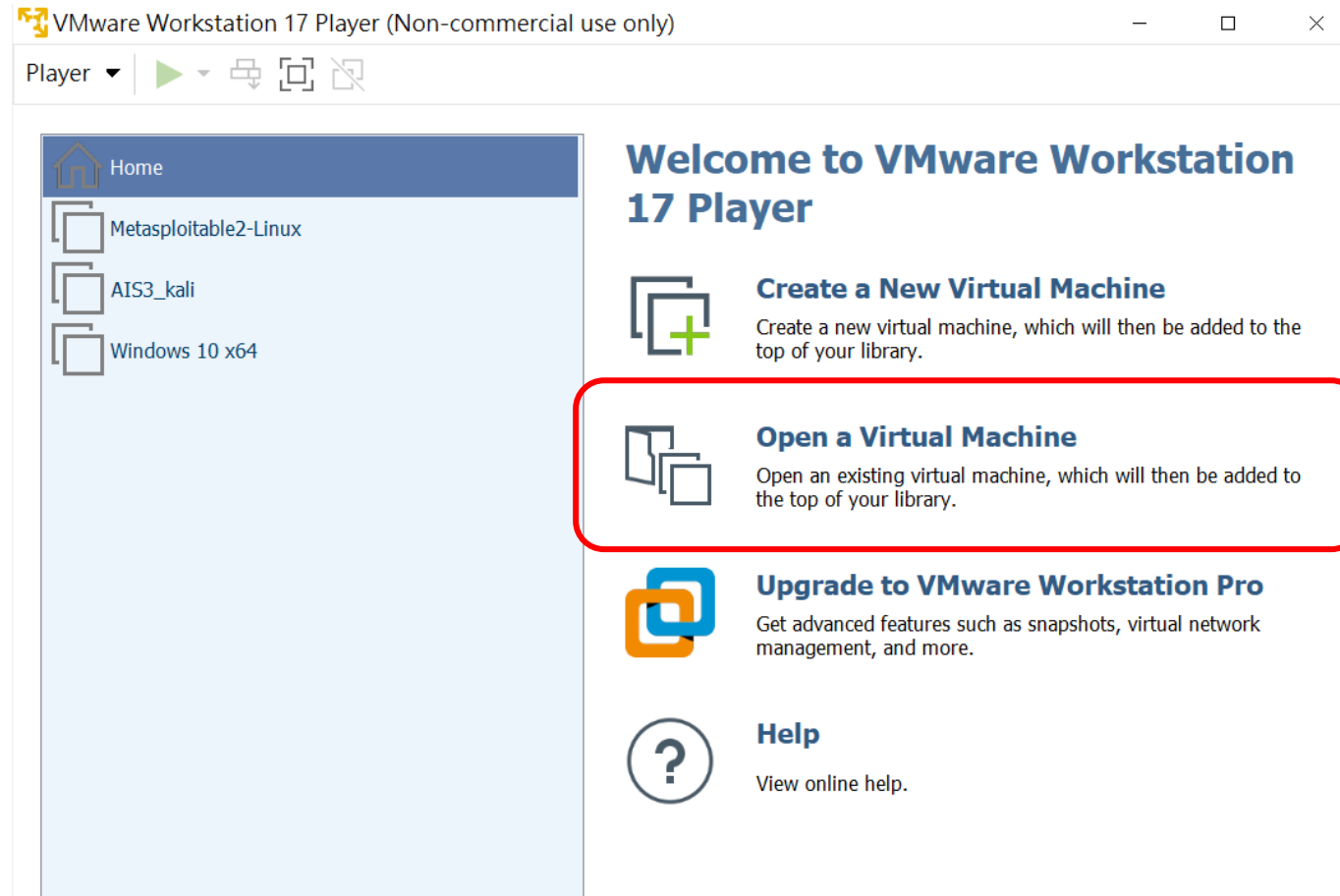
下載支援 Vmware的 Kali Linux



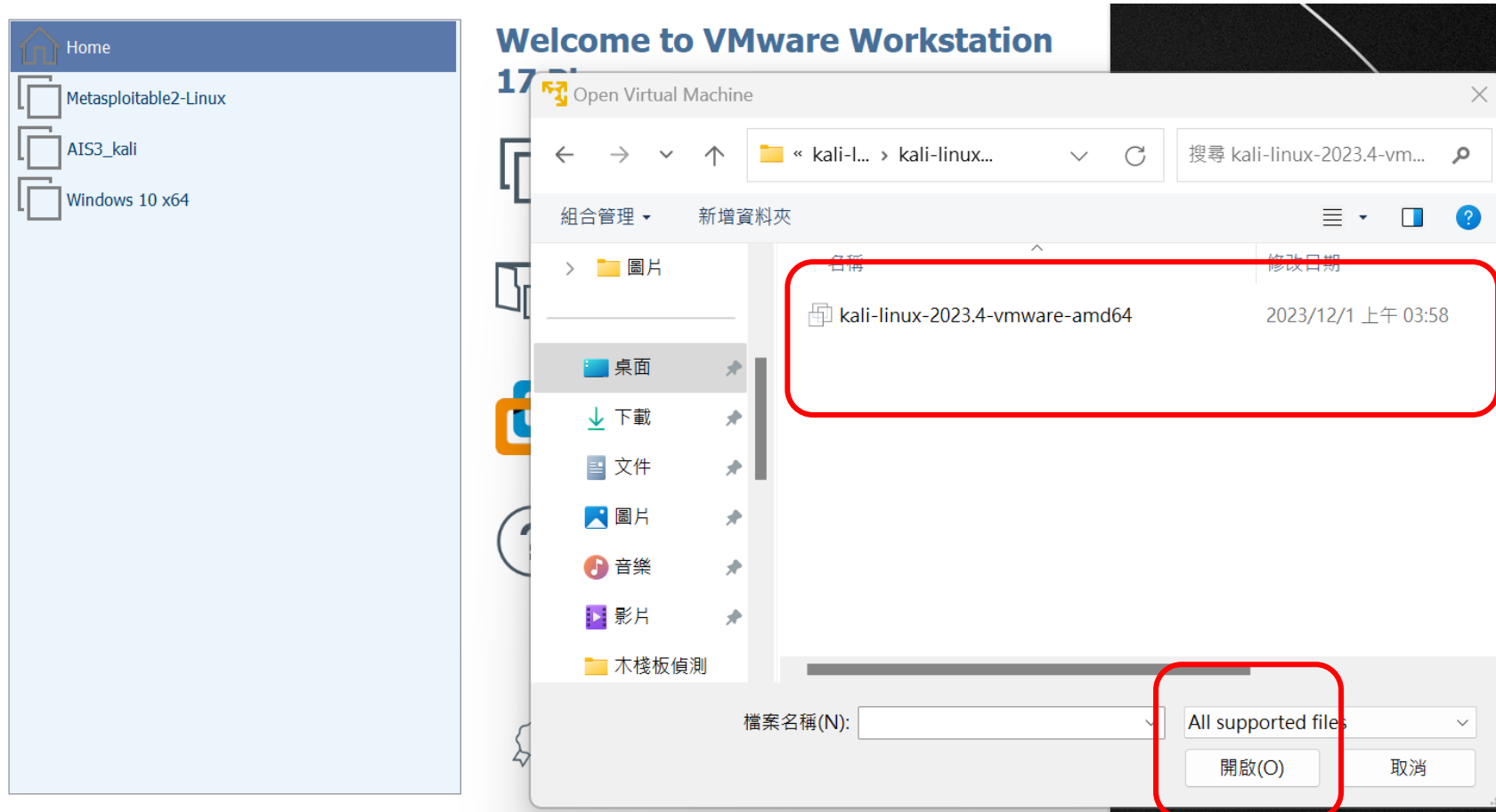
下載完畢解壓縮



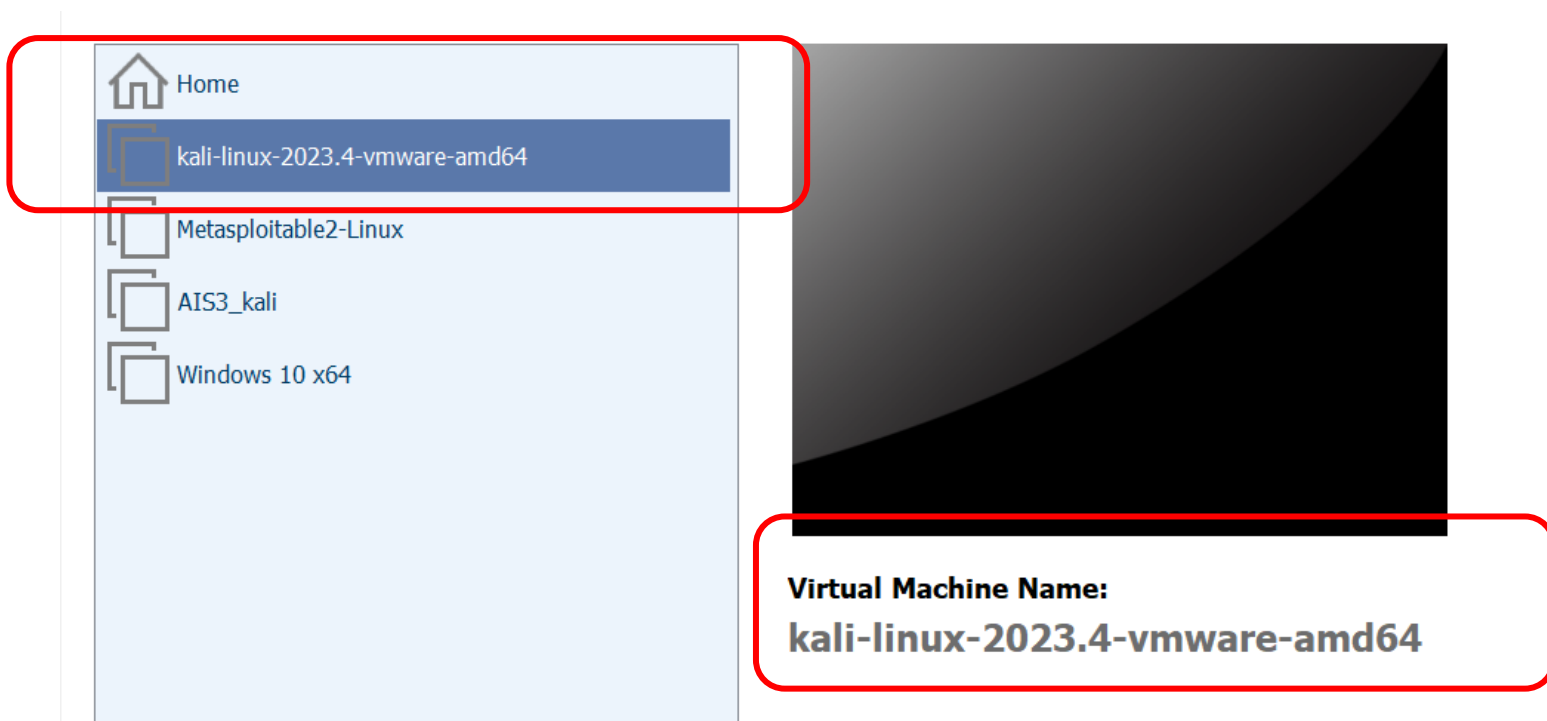
開啟VMware > 點選 Open a Virtual Machine



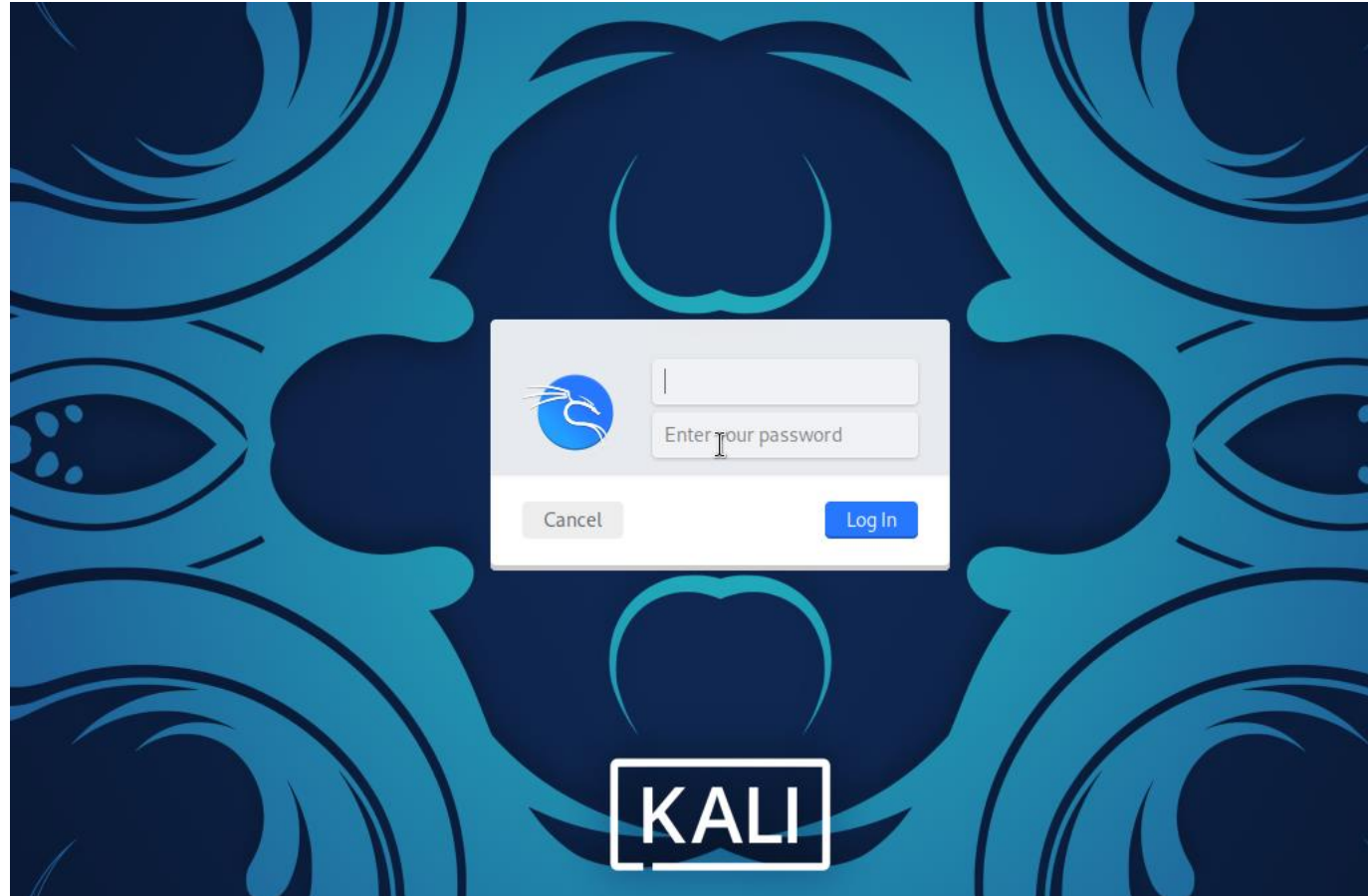
到解壓縮後的資料夾選取檔案



可看到虛擬機已建立



啟動畫面



帳號密碼皆為 kali




登入>成功建立kali linux



3. 建立metasploitable


https://sourceforge.net/projects/metasploitable/

Home / Browse Open Source / Security / Metasploitable



Metasploitable



Metasploitable is an intentionally vulnerable Linux virtual machine
Brought to you by: [rapid7user](#)



★★★★★ 8 Reviews

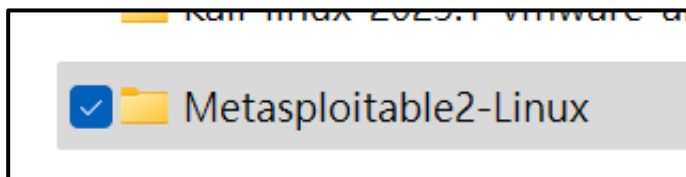
Downloads: 12,987 This Week











Last Update: 2019-08-19

 **Download**  [Get Updates](#) [Share This](#)

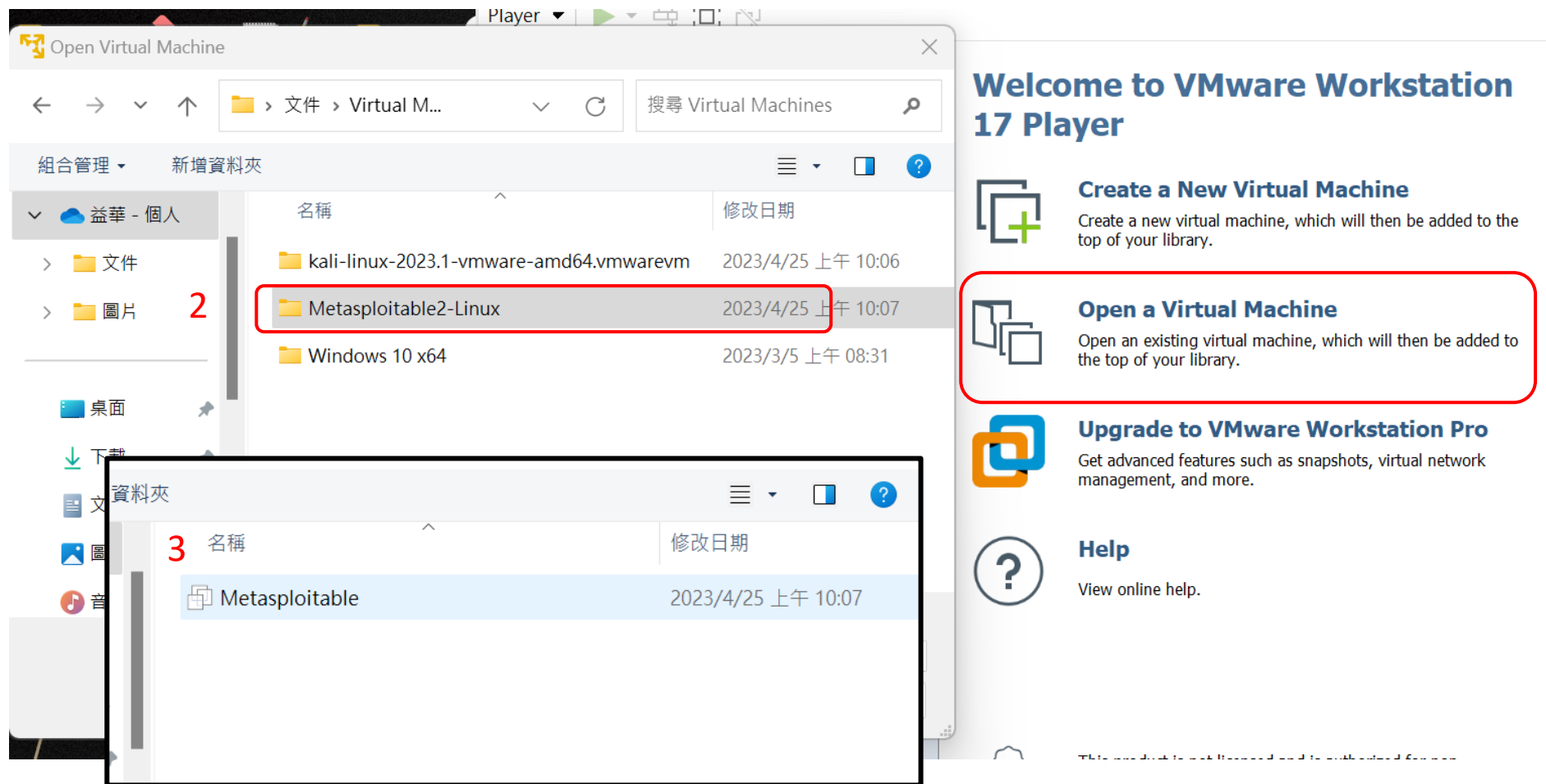
Summary	Files	Reviews	Support
This is Metasploitable2 (Linux)			

下載完畢-檔案為VMDK資料夾



	Metasploitable.nvram	2023/4/25 上午 09:45	NVRAM 檔案	9 KB
	Metasploitable.scoreboard	2023/4/25 上午 09:49	SCOREBOARD 檔案	8 KB
	Metasploitable	2023/4/25 上午 10:06	Virtual Machine Dis...	1,880,576 KB
 	Metasploitable.vmsd	2023/4/25 上午 09:33	VMSD 檔案	0 KB
	Metasploitable	2023/4/25 上午 10:07	VMware virtual mac...	4 KB
	Metasploitable.vmx	2023/4/25 上午 10:07	VMXF 檔案	1 KB
	Metasploitable-1.scoreboard	2023/4/25 上午 09:34	SCOREBOARD 檔案	8 KB
	vmware	2023/4/25 上午 10:07	文字文件	126 KB
	vmware-0	2023/4/25 上午 09:45	文字文件	172 KB

檔案直接載入至 Vmware 即可啟動



啟動 metasploitable 虛擬機畫面

1. 登入成功畫面

```
* Starting deferred execution scheduler atd [ OK ]
* Starting periodic command scheduler crond [ OK ]
* Starting Tomcat servlet engine tomcat5.5 [ OK ]
* Starting web server apache2 [ OK ]
* Running local boot scripts (/etc/rc.local)
nohup: appending output to 'nohup.out'
nohup: appending output to 'nohup.out' [ OK ]

Warning: Never expose this VM to an untrusted network!
Contact: msfdev[at]metasploit.com
Login with msfadmin/msfadmin to get started

metasploitable login:
```

預設帳號與密碼皆為:
Login: msfadmin
Password: msfadmin

2. 登入成功畫面

```
Metasploitable2-Linux - VMware Workstation 17 Player (Non-comm - □ ×
Player ▾ || ▾ ▾ ▾ ▾
Warning: Never expose this VM to an untrusted network!
Contact: msfdev[at]metasploit.com
Login with msfadmin/msfadmin to get started

metasploitable login: msfadmin
Password:
Last login: Mon Apr 24 21:39:26 EDT 2023 on tty1
Linux metasploitable 2.6.24-16-server #1 SMP Thu Apr 10 13:58:00 UTC 2008 i686

The programs included with the Ubuntu system are free software;
the exact distribution terms for each program are described in the
individual files in /usr/share/doc/*/copyright.

Ubuntu comes with ABSOLUTELY NO WARRANTY, to the extent permitted by
applicable law.

To access official Ubuntu documentation, please visit:
http://help.ubuntu.com/
No mail.
msfadmin@metasploitable:~$ _
```

如果鼠標卡在裡面
輸入:
Esc + Ctrl + Alt 即可解除

輸入指令: ifconfig 查詢IP位址

net addr:
即為此虛擬機IP位址

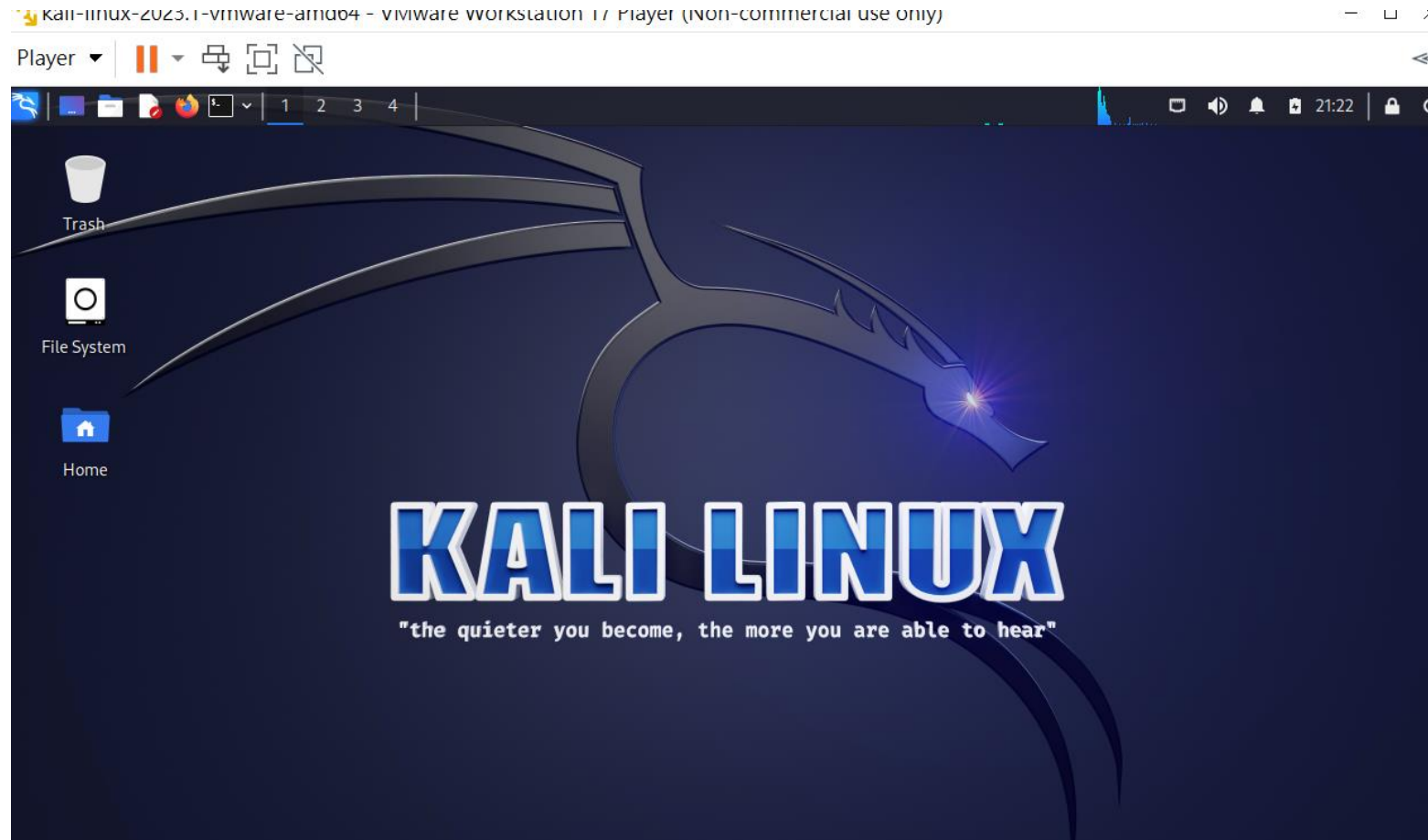
每台電腦都會不一樣，
勿照抄

```
To access official Ubuntu documentation, please visit:
http://help.ubuntu.com/
No mail.
msfadmin@metasploitable:~$ ifconfig
eth0      Link encap:Ethernet  HWaddr 00:0c:29:5c:fa:4c
          inet addr:192.168.10.131  Bcast:192.168.10.255  Mask:255.255.255.0
          inet6 addr: fe80::20c:29ff:fe5c:fa4c/64 Scope:Link
          UP BROADCAST RUNNING MULTICAST  MTU:1500  Metric:1
          RX packets:105 errors:0 dropped:0 overruns:0 frame:0
          TX packets:90 errors:0 dropped:0 overruns:0 carrier:0
          collisions:0 txqueuelen:1000
          RX bytes:8304 (8.1 KB)  TX bytes:10917 (10.6 KB)
          Interrupt:17 Base address:0x2000

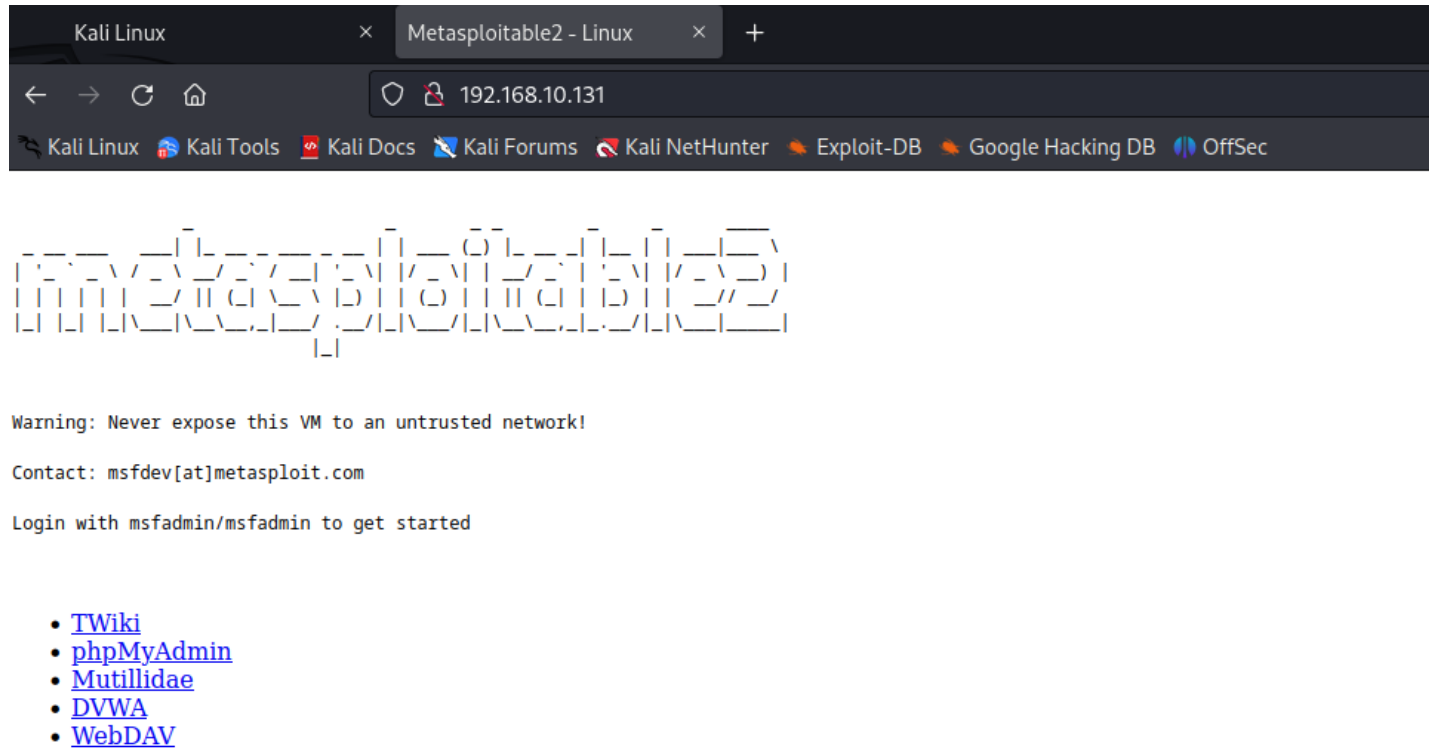
lo        Link encap:Local Loopback
          inet addr:127.0.0.1  Mask:255.0.0.0
          inet6 addr: ::1/128 Scope:Host
          UP LOOPBACK RUNNING  MTU:16436  Metric:1
          RX packets:118 errors:0 dropped:0 overruns:0 frame:0
          TX packets:118 errors:0 dropped:0 overruns:0 carrier:0
          collisions:0 txqueuelen:0
          RX bytes:31841 (31.0 KB)  TX bytes:31841 (31.0 KB)

msfadmin@metasploitable:~$
```

接著開啟 Kali 虛擬機



於瀏覽器中輸入 metasploitable 虛擬機 IP位址 192.168.10.131



此畫面即為成功建置
往後可利用此方式進行滲透
測試等實作練習

4. 建立 Windows 虛擬機

[下載連結](#)

點選下載連結 > 點選Download




MSEdge-Win10-VMware.7z
Modified on 1/13/23, 6:12 AM




MSEdge-Win10-VMware.7z - 6.7 GB

 Download

下載完畢解壓縮

✓  MSEdge-Win10-VMware

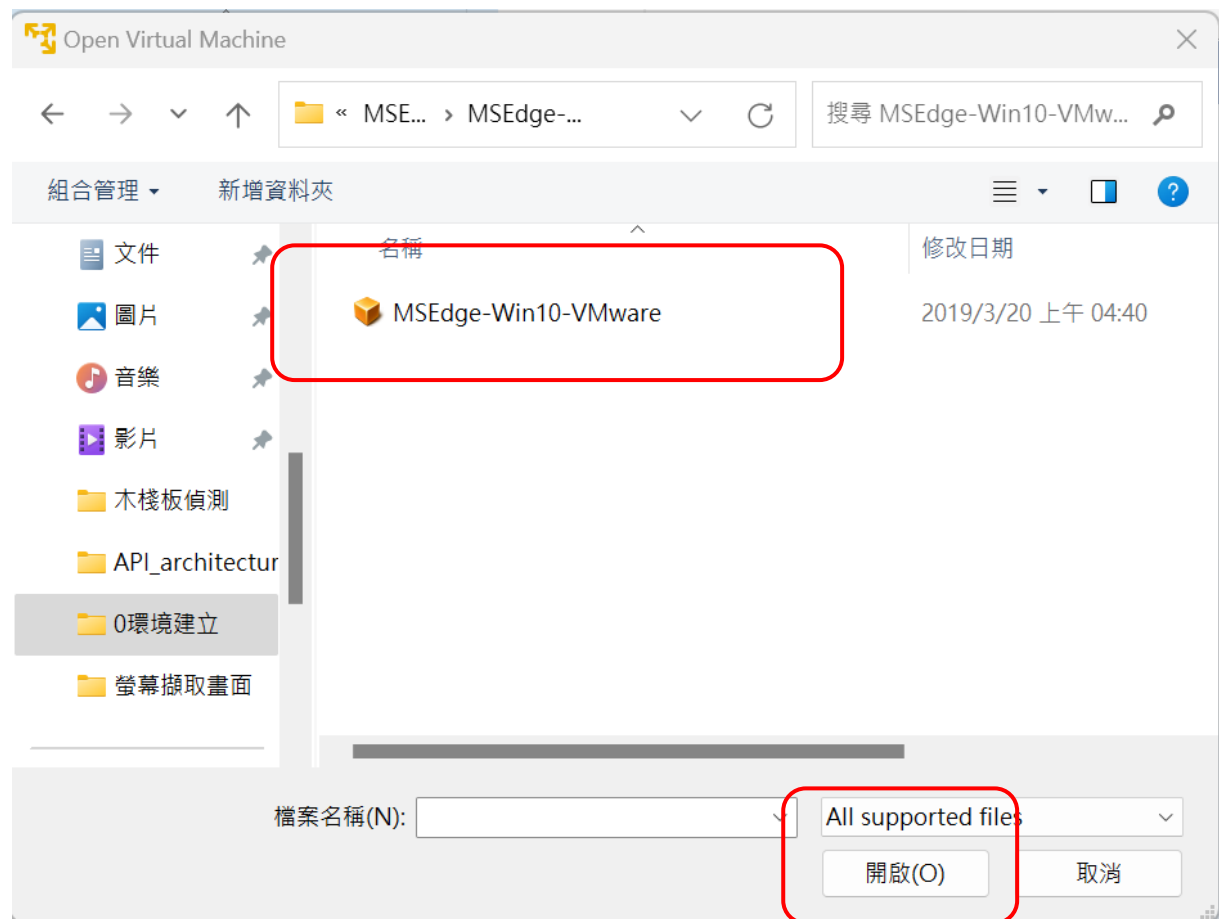
 在新視窗開啟

 共用

 解壓縮全部...

 釘選到 [快速存取]

開啟VMware > 點選 Open a Virtual Machine > 選擇解壓縮後的檔案



Welcome to VMware Workstation 17 Player



Create a New Virtual Machine

Create a new virtual machine, which will then be added to the top of your library.



Open a Virtual Machine

Open an existing virtual machine, which will then be added to the top of your library.



Upgrade to VMware Workstation Pro

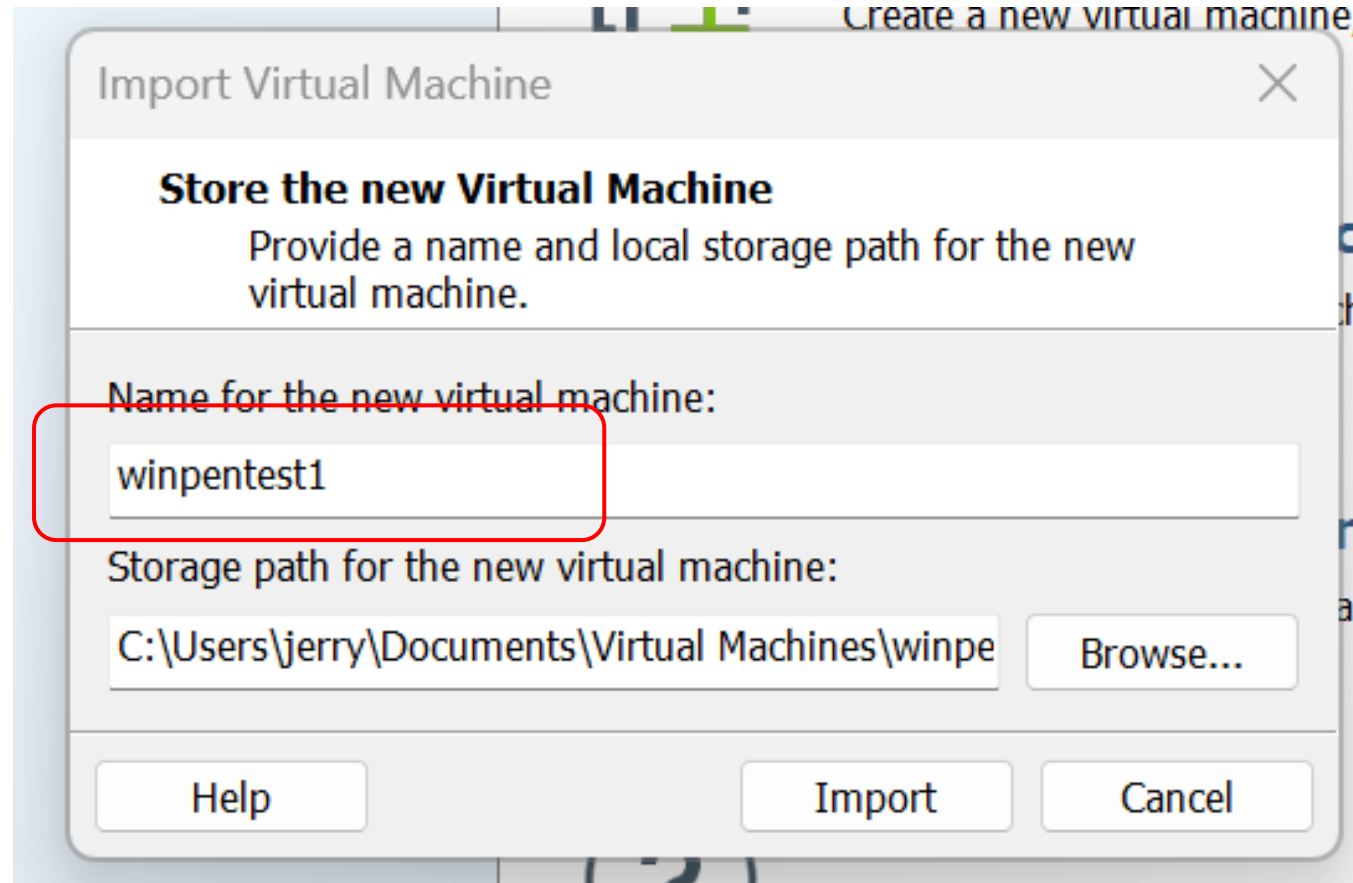
Get advanced features such as snapshots, virtual network management, and more.



Help

View online help.

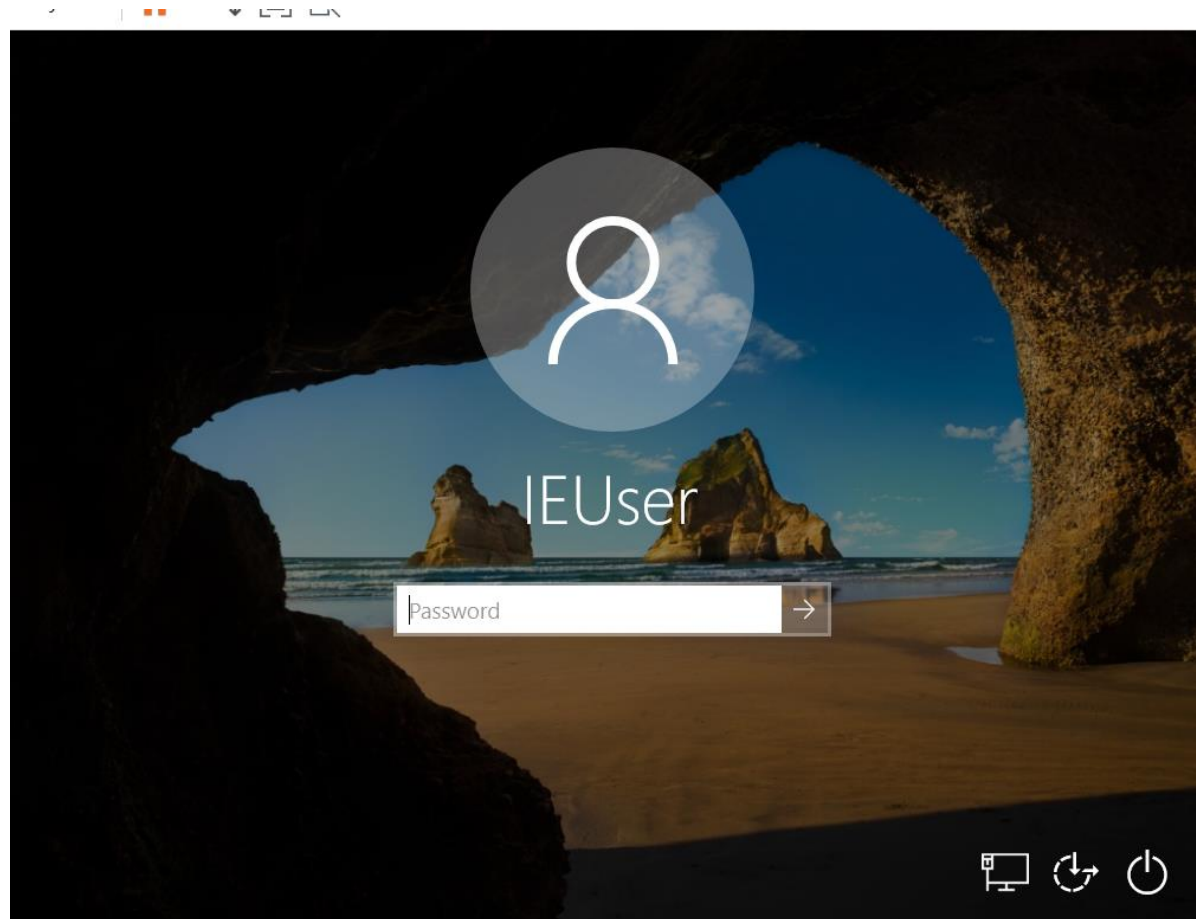
會跳出命名通知>隨意命名即可



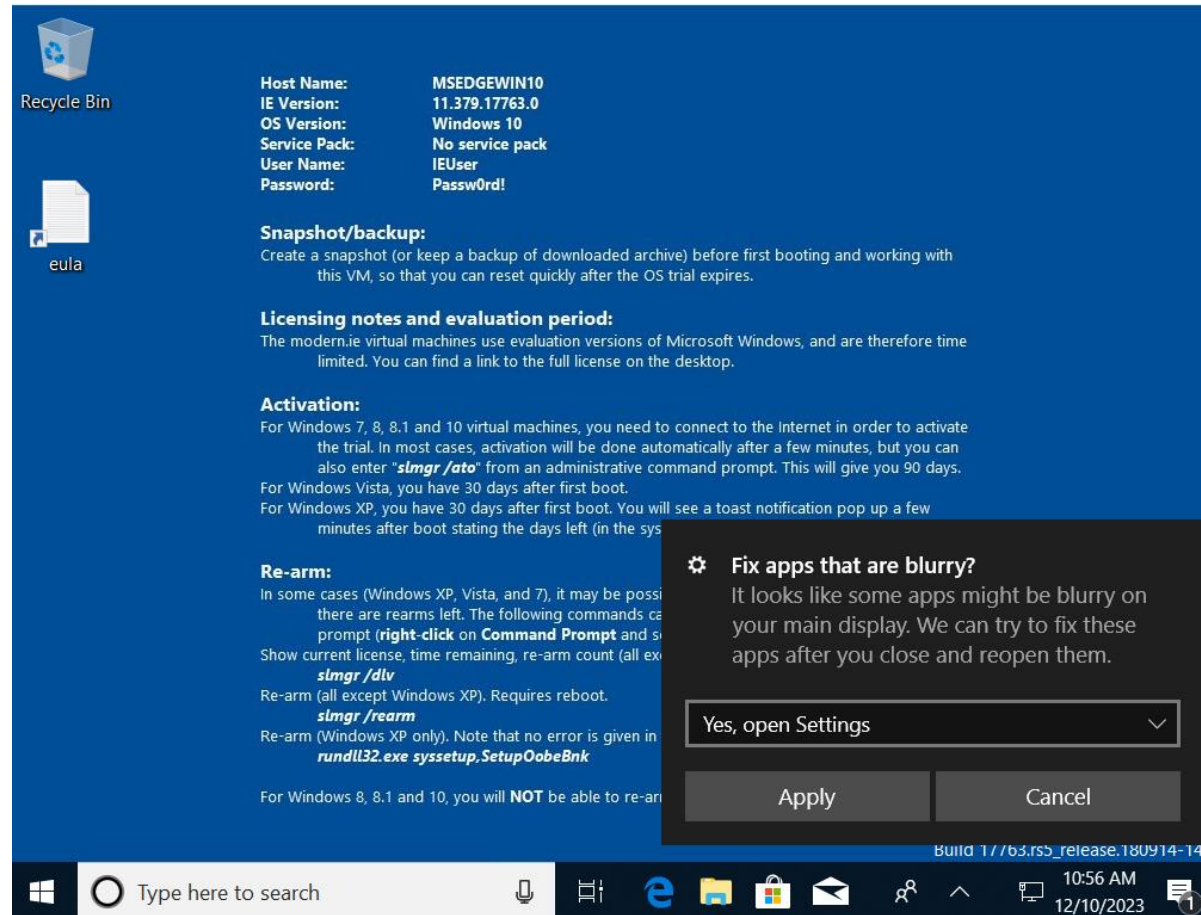
可看到虛擬機已建立



密碼: Passw0rd!



登入 > 成功建立 Windows VM



End