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1. Install and configure JMeter on your machine.

2. Create a new Test Plan in JMeter.

3. Add a Thread Group to the Test Plan.

4. Add a HTTP Request Sampler to the Thread Group.

5. Configure the HTTP Request Sampler to use a website URL.

6. Add a Pre-Processor to the HTTP Request Sampler.

7. Configure the Pre-Processor to extract a value from the website response using regular expressions.

8. Add a Post-Processor to the HTTP Request Sampler.

9. Configure the Post-Processor to store the extracted value in a variable.

10. Add a Debug Sampler to the Thread Group.

11. Configure the Debug Sampler to display the value stored in the variable.