4.

1. Install the Thread Group Plugin in JMeter.

2. Create a new Test Plan and add a Thread Group to it.

3. In the Thread Group, select the "Thread Group Plugin" option from the "Thread Group Type" dropdown.

4. Set the parameters for the Thread Group Plugin, such as the number of threads, ramp-up period, and duration.

5. Add a Sampler to the Thread Group, such as an HTTP Request or JDBC Request.

6. Save the Test Plan.

7. Run the Test Plan to simulate the load on your website or application.