

Training - Man In The Middle

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A/ Setup the lab

The first part of this training is to setup your lab.

1. Virtualbox.

For your practical work Virtualbox is already installed.

Computers in A214 have /VM/ folder shared by every system in that machine. Before adding the first VM you need to change the default image directory for /VM/.

2. Installing Kali Linux Offensive Security (the company behind Kali) provide a pre-installed VM of Kali.

The pre-installed VM is already downloaded on your computer in the /VM/ directory.

Start Virtualbox and click 'file/import Appliance' and import the Kali-Linux-2.0.0-vbox-i686.ova file.

if you cant found the .ova file in /VM/, it can be download.

Download url:

Kali Linux for VMware and VirtualBox

<https://www.offensive-security.com/kali-linux-vmware-arm-image-download/>

Be sure to download the VirtualBox one (by default it display the VMware) 64bit with PAE.

3. Installing Metasploitable

Metasploitable is a vulnerable distribution provided by rapid7 the company behind the Metasploit framework.

It's also already downloaded on your computer in /VM/ directory'.

Unzip it into /VM/ and add this existing VM into VirtualBox.

Start Virtualbox, click 'New' and select 'use an existing virtual hard disk file', point to '/VM/metasploitable-/-vmdk', and create.

Run it. Use login:msfadmin password:msfadmin

Check the network interface.

if you cant found the metasploitable archive in /VM/, it can be download.

Download link:

<http://downloads.metasploit.com/data/metasploitable/metasploitable-linux-2.0.0.zip>

4. Installing Lubuntu

Lubuntu is the client machine (here the victim).

Do the same as previously with Metasploitable. The existing VDI file must be in /VM/lubuntu/

Start Virtualbox, click 'New' and select 'use an existing virtual hard disk file'. Use /VM/lubuntu/lubuntu.vdi

user: osboxes | password:osboxes.org

if you cant find the vdi file in /VM/, you can download it here:

<http://www.osboxes.org/lubuntu/>

5. Create an internal network

Change every existing interface to use the same internal network named 'lab'.

Login to every VM to set the IP address.

Lubuntu: 192.168.0.10 | Metasploitable: 192.168.0.11 | Kali: 192.168.0.20

Check all the VMs can ping each other. From every VM. Yes really, do that, it's important!

B/Start the attack

6. In the lubuntu box

- open the browser and look a `http://192.168.0.11`
 - go to the phpmyadmin page. Everything should be normal
 - open a terminal and look at your arp table with `arp -n`
7. In the kali box
- You must allow the packets to be forwarded between the server and the client. `echo 1 > /proc/sys/net/ipv4/ip_forward`
 - Open a new terminal. You need to spoof the mac adress of the server (metasploitable) with your own in the client box(lubuntu) `arpspoof -t 192.168.0.10 192.168.0.11`
 - Open a new terminal. You need to spoof the mac adress of the client (lubuntu) with your own in the server box(metasploitable) `arpspoof -t 192.168.0.11 192.168.0.10`
 - Open Wireshark software and look at your eth0 interface.
8. In the lubuntu box
- go back to your browser and refresh the phpmyadmin page (use `ctrl+f5`).
9. In the kali box
- In your wireshark... this is where the magic happens! You must see the http request and reply.
10. With your kali and lubuntu.
- Try to login the phpmyadmin page. Find the user and password in your wireshark.
 - Try the drifnet tool in your kali `drifnet -i eth0`. In your lubuntu go to the dvwa/login.php page (refresh with `ctrl+f5` if needed).