Download SQL Server Developer to install on your PC:

https://www.microsoft.com/en-us/sql-server/sql-server-downloads

- Installation type choose "Basic"
- The installation center wizard will install SQL Server Management Tools. You'll see an "Install SSMS" button at the bottom which will link you to a separate download for SQL Server Management Studio. You will probably be prompted to restart your computer before continuing the SSMS installation.

Download the OLTP AdventureWorks2022 sample database:

https://learn.microsoft.com/en-us/sql/samples/adventureworks-install-configure?view=sql-server-ver16&tabs=ssms

- "AdventureWorks2022.bak" file under OTLP downloads section.
- Launch SSMS and right click on "Databases" in your SSMS browser and choose "Restore Database", Next, click on "Device" and then "Add" to browse to the "AdventureWorks2022.bak" file you downloaded.