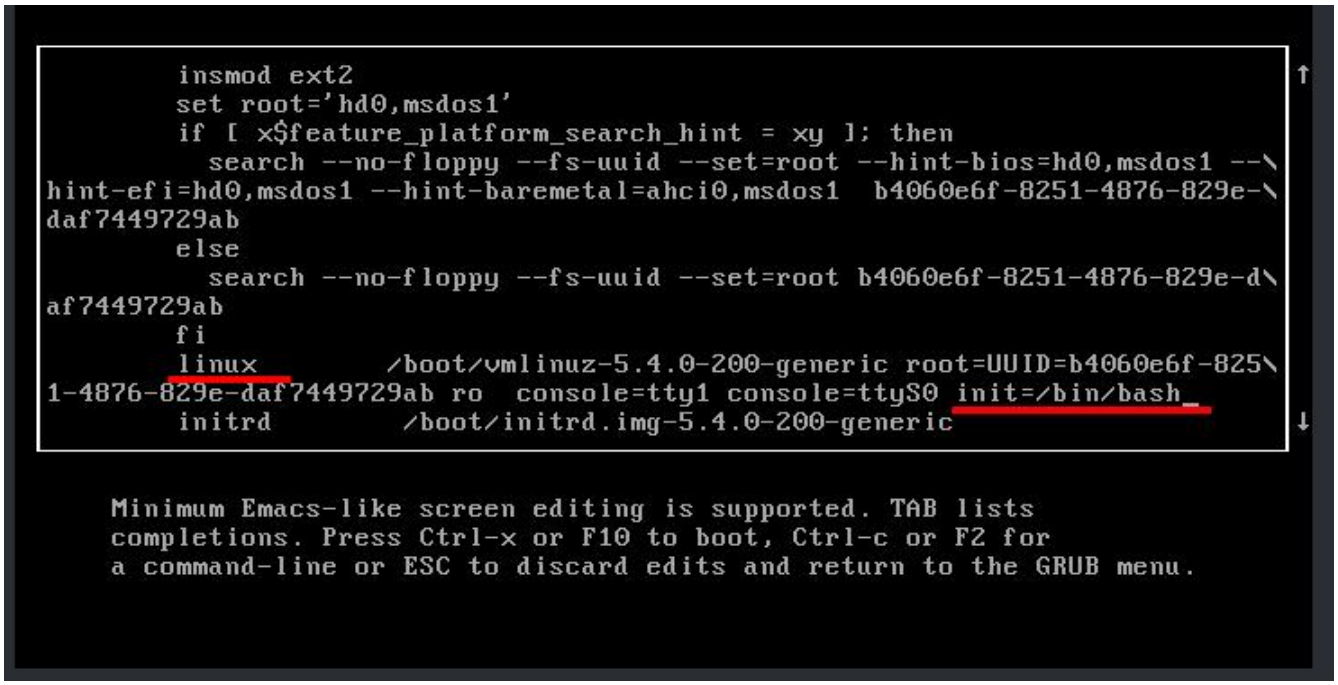
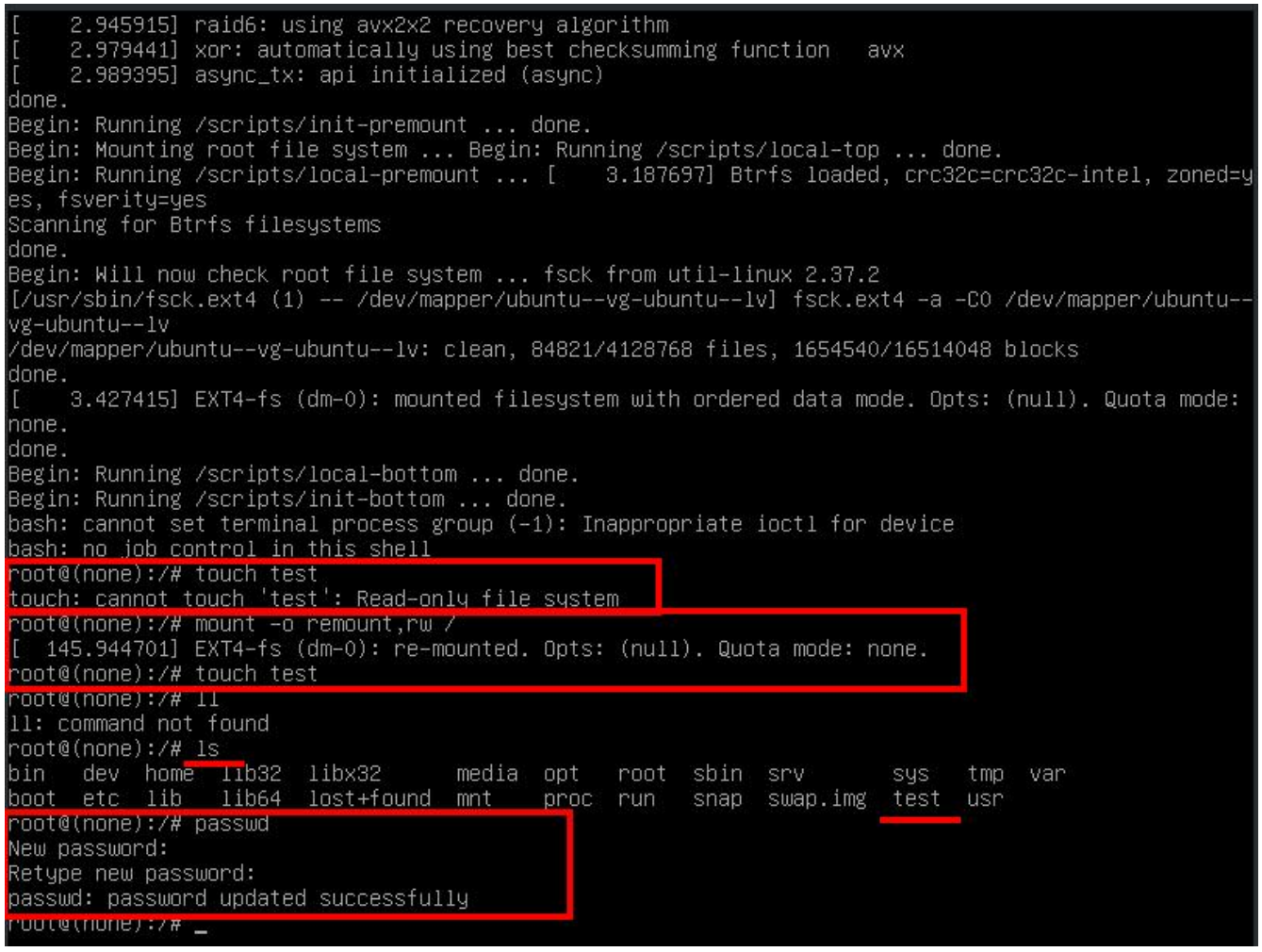
Способ 1:

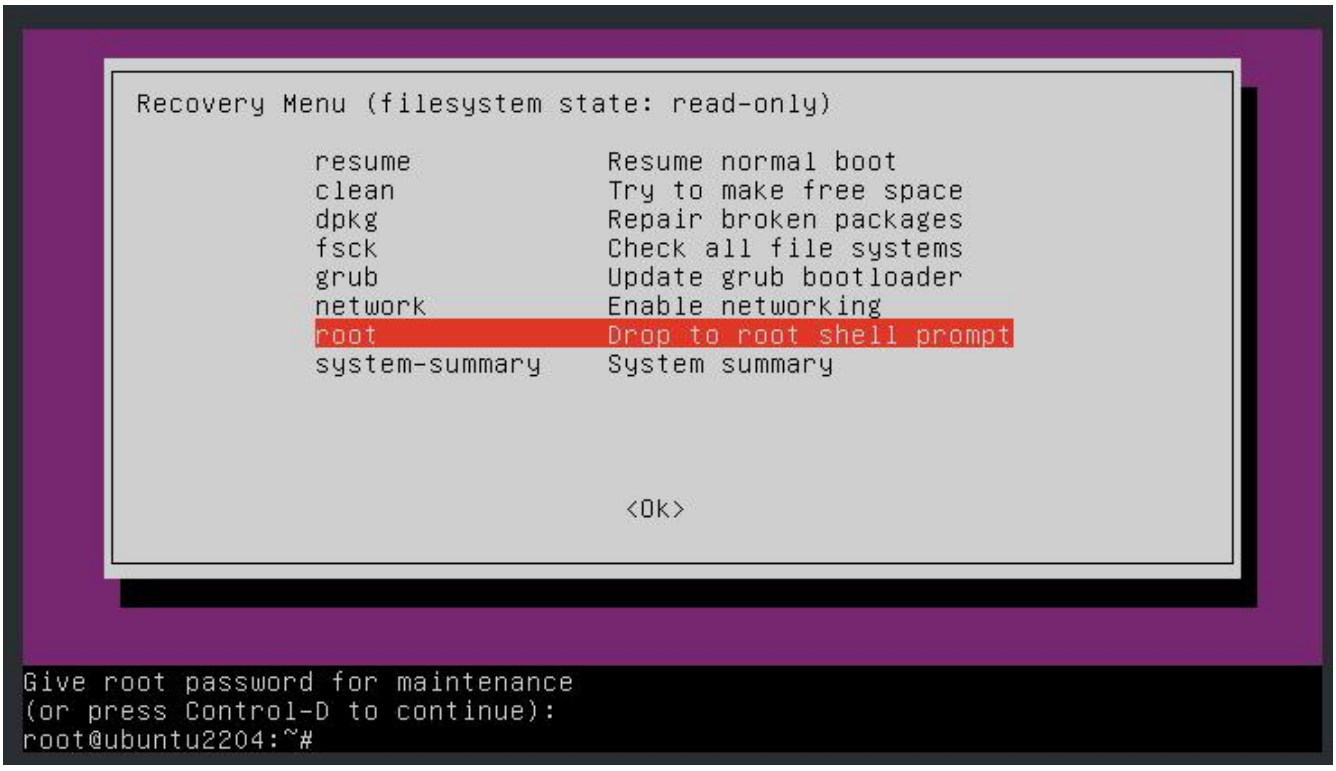
1. В меню загрузки нажимаем E. Меняем запись добавив init=/bin/bash



2. Можем менять пароль



Способ 2

1. Заходим в recovery mode

2. Выбираем root