

How to Install Kali Linux in VMware (Using VMware Image)

Step 1: Download VMware Workstation Player

VMware lets you run operating systems like Kali Linux as virtual machines inside your computer.

1. Go to the official VMware Workstation Player page:
🔗 <https://www.vmware.com/products/workstation-player.html>
 2. Download **VMware Workstation Player**.
 3. Run the setup file → Click **Next** → **Accept License** → **Install** → **Finish**.
 4. Launch **VMware Workstation Player**.
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Step 2: Download Kali Linux VMware Image

Instead of downloading an ISO, Kali provides **ready-to-use VMware images** that come preinstalled with all necessary configurations.

1. Go to the official Kali Linux Virtual Machines page:
🔗 <https://www.kali.org/get-kali/#kali-virtual-machines>
 2. Under the “**Virtual Machines**” section, choose:
 - **Kali Linux VMware 64-bit (Virtual Machine)**
 3. You’ll be redirected to the **Offensive Security** download page.
 4. Download the **VMware (.7z) file** (around 3–4 GB).
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Step 3: Extract the VMware Image

Once the .7z file is downloaded:

1. Install **7-Zip** or **WinRAR** on your system.
2. Right-click the downloaded file → Choose **Extract Here** or **Extract to Folder**.

3. Wait for extraction (it may take a few minutes).
4. After extraction, you'll see a folder containing files like:

`Kali-Linux-2025.1-vmware.vmx`

`Kali-Linux-2025.1.vmdk`

These are your virtual machine files.

Step 4: Open the Kali VM in VMware

1. Open **VMware Workstation Player**.
 2. Click **Open a Virtual Machine**.
 3. Browse to the folder where you extracted the VMware image.
 4. Select the file with extension `.vmx` (example: `Kali-Linux-2025.1-vmware.vmx`).
 5. Click **Open**.
 6. The Kali Linux VM will now appear in your VMware list.
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Step 5: Configure the Virtual Machine

Before running the VM, you can adjust settings:

1. Click **Edit virtual machine settings**.
 2. **Memory (RAM)**: Set at least 2 GB (4 GB recommended).
 3. **Processors**: Assign 2 or more CPU cores.
 4. **Network Adapter**: Choose **Bridged** for internet access.
 5. Click **OK**.
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Step 6: Start Kali Linux

1. Click **Play Virtual Machine**.
2. The Kali Linux login screen will appear.
3. Default login credentials (official):
 - **Username:** `kali`

- **Password:** kali
4. After logging in, you'll see the Kali desktop interface.
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Step 7: Update Kali Linux

After login, open a terminal and update everything:

```
sudo apt update && sudo apt upgrade -y
```

This ensures all tools and repositories are up-to-date.

You're Ready!

Now your Kali Linux is fully installed and configured — no ISO required.
You can start using tools like:

- **Nmap** – Network scanning
 - **Wireshark** – Packet capture
 - **Metasploit** – Exploitation framework
 - **Burp Suite** – Web app testing
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Pro Tips

- Take **VM snapshots** before experimenting — helps to restore the VM if anything breaks.
- Regularly update your system with:
- `sudo apt update && sudo apt upgrade -y`