# Two-Step Authentication Workout Student Instructions

## Introduction

Welcome to your team's *Two-Step Authentication* workout where you will learn the importance of increasing account security using two different authentication factors. When creating an account, you provide a username and password to log into. If a hacker is able to capture these then your account is compromised. With two-step authentication, a hacker would need to have your password and time-based one-time password token (TOTP) in order to compromise your account. In this workout, you will learn how to easily set up two-step authentication when creating an account. Please ensure you have a token generation app installed on your phone such as Google Authenticator.

## Logging into your Computer

- Log into the Guacamole web server using *cybergym* and *Let's workout!* as the username and password.
- You may have to refresh the page if a screen does not come up.
- Then, you will log in automatically.

## Your Mission

- Access the Classified Web Application at http://10.1.1.33:5000
- Navigate to the Two-Step Authentication workout
- Register an account using any username and password
- Scan the QR code using your installed token generation app
- Log in using your username and password along with the TOTP token from your smartphone app
- If you logged in, then mission accomplished!