

Ransomware Workout Instructions

Introduction

This workout is built to simulate a ransomware attack. Ransomware is a type of malware that encrypts a user's files and then requests the infected user send the attacker bitcoin in exchange for the decryption key. The malware also attempts to spread to other machines on any connected networks.

Instructions

Log in to the host machine using Cybergym as the username and Let's Workout! as the password. Once logged in feel free to look around at the files on the desktop. Among the files on the desktop is an application called "Free Vacation.exe" being the thrifty person you are you should open it immediately. At this point you should notice some changes to your desktop. Try to open your files and follow the instructions to get your data back.