RED TEAM WORKSHOP PREPARATION GUIDE

A. **VMWare Workstation Installation Guide**

Step 1: Check System Requirements

Ensure your system meets the minimum requirements to install VMware Workstation:

1. **Processor**: 64-bit x86 Intel or AMD processor.

2. **RAM**: At least 4GB of RAM; 8GB or more is recommended for better performance.

3. **Disk Space**: Minimum of 1.5GB of free disk space for installation, plus additional space for virtual machines.

Step 2: Download VMware Workstation

1. Go to the VMware Workstation download page (https://softwareupdate.vmware.com/cds/vmw-desktop/ws/).

2. Select the latest version and download based on your operating system.

3. Save the installer file to your computer.

Step 3: Run the Installer

1. Locate the downloaded installer file.

2. Double-click the installer to start the installation process.

3. If prompted by the User Account Control (UAC), click **Yes** to allow the installer to make changes.

Step 4: Install VMware Workstation

1. On the Welcome screen, click **Next** to start the setup.

2. **Accept the License Agreement** by selecting the checkbox, then click **Next**.

3. **Choose the Installation Folder**:

   o By default, VMware Workstation will be installed in C:\Program Files (x86)\VMware\VMware Workstation.

   o To install it in a different location, click **Change...** and select the desired folder.

4. Click **Next** after choosing your folder.

Step 5: Configure Installation Options

1. **Check for Product Updates**: Select whether you want VMware Workstation to check for updates each time it starts.

2. **Join the VMware Customer Experience Improvement Program** (optional): Select this if you wish to help improve VMware products.

3. Click **Next** to proceed.

Step 6: Shortcut Options

1. **Create Desktop Shortcut**: Select if you want a shortcut on your desktop.

2. **Add to Start Menu**: Select if you want VMware Workstation in the Start Menu for easy access.

3. Click **Next** to continue.

Step 7: Begin Installation

1. Review your selected options.

2. Click **Install** to start installing VMware Workstation on your computer.

3. The installation may take a few minutes. Wait for it to complete.

Step 8: Activate VMware Workstation (for Pro version)

1. If you purchased VMware Workstation Pro, you'll need to enter your license key.

    o When prompted, enter the license key in the provided field.

2. For the free VMware Workstation Player version, select **Use VMware Workstation Player for free for non-commercial use**.

Step 9: Finish Installation

1. Once the installation is complete, click **Finish**.

2. You may be prompted to restart your computer to complete the installation. If so, save any work, then click **Restart Now**.

Step 10: Launch VMware Workstation

1. Double-click the VMware Workstation shortcut on your desktop or open it from the Start Menu.

2. VMware Workstation will launch, and you'll be ready to create and manage virtual machines.

Step 11: Create a New Virtual Machine (Optional)

1. Click **Create a New Virtual Machine** on the VMware Workstation main screen.

2. Follow the prompts to select your installation source, operating system type, and other settings.

3. Once configured, start your virtual machine.

Your VMware Workstation is now fully installed and ready to use!

For more information:

Visit https://knowledge.broadcom.com/external/article/344595/downloading-and-installing-vmware-workst.html#mcetoc_1htuurlgpi

B. Installing Kali Linux as a virtual machine

Step 1: Download the Kali Linux VMware Image

1. Go to the [Kali Linux Virtual Machines download page](#).

2. Scroll down and select the **VMware** option to download the prebuilt Kali Linux VMware image.

3. Choose the appropriate file (typically **64-bit** for most modern computers), and select **Download**.

4. After downloading, locate the compressed .7z file in your downloads folder.

Step 2: Extract the Kali Linux VMware Image

1. To extract the .7z file, you'll need software like [7-Zip](#) or [WinRAR](#).

2. Right-click the .7z file and choose **Extract Here** (with 7-Zip) or **Extract files...** (with WinRAR).

3. Wait for the extraction to complete. You should now see a folder containing the Kali Linux VMware files, including a .vmx file (the VMware configuration file).

Step 3: Open VMware Workstation and Import the Kali VM

1. Open **VMware Workstation** on your computer.

2. Go to **File** > **Open...** or click **Open a Virtual Machine** on the VMware Workstation home screen.

3. Navigate to the folder where you extracted the Kali Linux files and select the .vmx file.

4. Click **Open** to import the Kali Linux virtual machine into VMware Workstation.

Step 4: Configure VM Settings (Optional)

1. Select the newly imported **Kali Linux** virtual machine from the list in VMware Workstation.

2. Click on **Edit virtual machine settings**.

3. **Adjust Hardware Resources** (Optional):

   o **Memory**: Allocate at least 2GB (2048MB) of RAM, although 4GB or more is recommended for better performance.

   o **Processors**: Set the number of processors and cores per processor. A minimum of 2 cores is recommended.

   o **Network Adapter**: Choose **NAT** if you want the VM to access the internet through your host machine's connection, or **Bridged** if you want the VM to act as if it's directly on the network.

4. Click **OK** to save any changes.

Step 5: Power On the Kali Linux Virtual Machine

1. With the Kali Linux VM selected, click **Power on this virtual machine**.

2. The virtual machine will start, and you should see the Kali Linux login screen.

Step 6: Log In to Kali Linux

1. By default, the Kali Linux image from Offensive Security typically uses the following default credentials:

    o **Username**: kali

    o **Password**: kali

2. Enter the credentials and press **Enter** to log in.

For more information:

Visit https://www.kali.org/docs/virtualization/install-vmware-guest-vm/

C. Installing Windows as a virtual machine

Step 1: Download the Windows 10 ISO

1. Go to the [Windows 10 download page](#).

2. Scroll down and select **Download Tool Now** to download the **Media Creation Tool** or download the ISO if using non Windows based browser.

3. Run the Media Creation Tool and choose the **Create installation media** option.

4. Select the **language**, **edition** (Windows 10), and **architecture** (64-bit or 32-bit).

5. Choose **ISO file** as the media type and save it to your computer.

6. Once the download completes, locate the Windows 10 ISO file.

Step 2: Open VMware Workstation and Create a New Virtual Machine

1. Open **VMware Workstation**.

2. Go to **File** > **New Virtual Machine...** or click **Create a New Virtual Machine** on the home screen.

Step 3: Select the Installation Method

1. In the **New Virtual Machine Wizard**, select **Typical (recommended)** and click **Next**.

2. Choose **Installer disc image file (iso)** and browse to the downloaded Windows 10 ISO file.

3. Select the ISO file and click **Open**, then **Next**.

Step 4: Enter Windows Product Key and Version

1. VMware will prompt you to enter a product key (optional). You can skip this step if you plan to activate Windows later.

2. Select the **Windows version** you wish to install (e.g., Home, Pro) and click **Next**.

Step 5: Set Up the Windows User Information

1. Enter a **Username** and **Password** (optional) for the Windows 10 setup and click **Next**.

Step 6: Name the Virtual Machine and Choose Location

1. Enter a name for the virtual machine (e.g., "Windows 10").

2. Choose a location to save the virtual machine files on your computer, then click **Next**.

Step 7: Specify Disk Capacity

1. Set the maximum disk size for the virtual machine. A recommended size is **60GB** or more.

2. Choose **Store virtual disk as a single file** for better performance, then click **Next**.

Step 8: Customize Hardware (Optional)

1. In the summary window, click **Customize Hardware...** to adjust settings if needed.

- **Memory**: Allocate at least 4GB of RAM (4096MB) for Windows 10, though 8GB is ideal.

- **Processors**: Set to 2 processors if your system allows it.

- **Network Adapter**: Set to **NAT** if you want the VM to use the host machine's network, or **Bridged** to give it a direct connection.

2. Click **Close** after configuring hardware, then **Finish** to create the virtual machine.

Step 9: Power On the Virtual Machine and Begin Installation

1. Select the Windows 10 VM from the list and click **Power on this virtual machine**.

2. Windows 10 setup will begin. Choose your **language**, **time and currency format**, and **keyboard layout**, then click **Next**.

3. Click **Install Now** to start the installation.

Step 10: Enter Product Key (Optional)

1. If you haven't already entered a product key, you'll be prompted here. You can skip this step and choose **I don't have a product key** to proceed.

Step 11: Accept the License Agreement and Choose Installation Type

1. Accept the **license terms** and click **Next**.

2. Choose **Custom: Install Windows only (advanced)**.

Step 12: Select the Virtual Disk for Installation

1. You'll see a list of partitions (likely just one unallocated space). Select it and click **Next**.

2. Windows will start copying files, and the installation process will begin. This may take several minutes.

Step 13: Complete Windows Setup

1. After installation, the VM will reboot, and the Windows setup screen will appear.

2. Follow the prompts to customize settings, choose a **timezone**, and configure **privacy settings**.

3. Set up your **user account** (if you haven't already) and **password**.

Step 14: Install VMware Tools (Optional but Recommended)

1. Once Windows 10 is installed, go to **VM** > **Install VMware Tools** in the VMware menu.

2. Follow the prompts in Windows to install VMware Tools, which improves VM performance, display resolution, and device compatibility.

3. Restart the VM after VMware Tools installation.

Step 15: Take a Snapshot (Optional)

1. To save the current state of your clean Windows 10 install, go to **VM** > **Snapshot** > **Take Snapshot**.

2. Name the snapshot (e.g., "Clean Install") and click **Take Snapshot**.

Your Windows 10 virtual machine is now fully installed and ready to use in VMware Workstation!

For more information:

Visit https://knowledge.broadcom.com/external/article/314940/installing-windows-10-as-a-guest-operati.html#:~:text=From%20the%20VMware%20Fusion%20top,Virtual%20Disk%20and%20Click%20Continue.

D. Disable firewall and real time protection on Windows guest

Turn Off Real-Time Protection

1. **Open Windows Security**:

   o Click on the **Start Menu** and type **Windows Security** in the search bar. Select **Windows Security** from the results.

2. **Go to Virus & Threat Protection**:

   o In the Windows Security window, click on **Virus & threat protection** on the left sidebar.

3. **Manage Settings**:

   o Under **Virus & threat protection settings**, click on **Manage settings**.

4. **Turn Off Real-Time Protection**:

   o Toggle the **Real-time protection** switch to **Off**. Confirm any prompts or warnings that may appear.

Note: Real-time protection will automatically turn back on after a while or after a system restart. To keep it off permanently, consider using group policy settings (available on Windows 10 Pro and Enterprise editions).

Step 2: Turn Off Windows Firewall

1. **Open Windows Security**:

   o From the Start Menu, type **Windows Security** and select it.

2. **Go to Firewall & Network Protection**:

   o In Windows Security, select **Firewall & network protection** from the left sidebar.

3. **Select Network Type**:

   o Choose the type of network you are connected to (e.g., **Domain network**, **Private network**, or **Public network**).
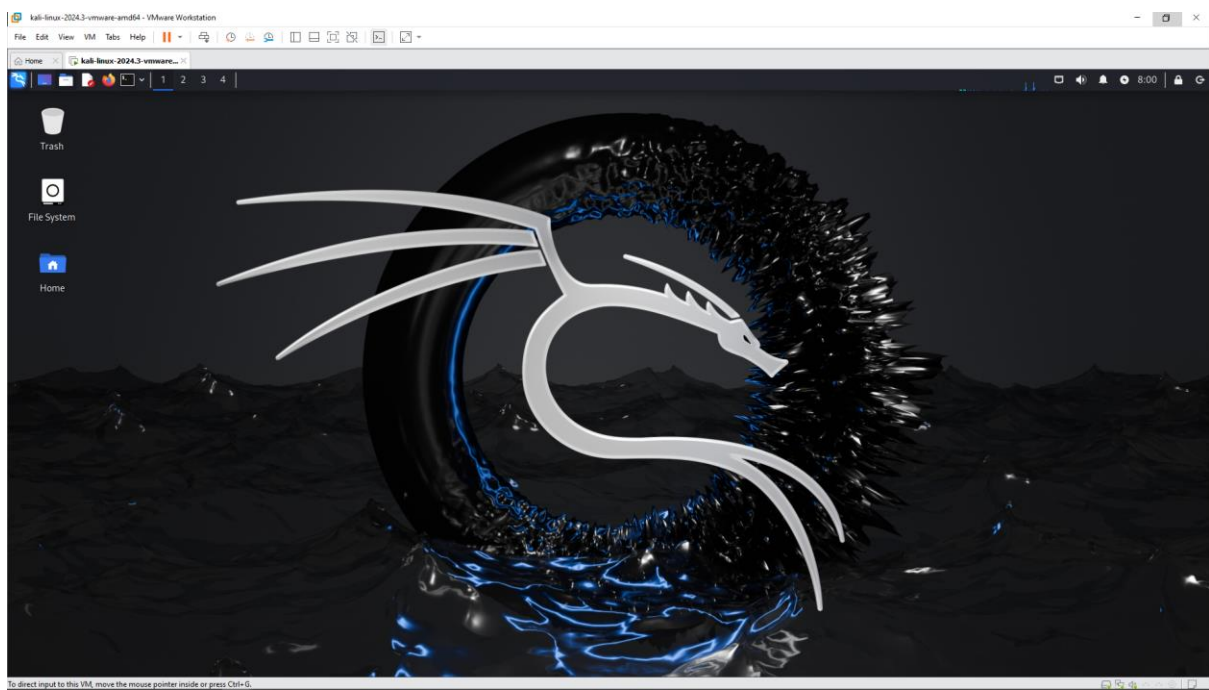
4. **Turn Off Firewall**:

   o Toggle the **Microsoft Defender Firewall** switch to **Off** for each network type you want to disable the firewall on.

   o Confirm any prompts or warnings that appear.

Note: Turning off the firewall can make your device more vulnerable. Only disable it temporarily and re-enable it as soon as possible.
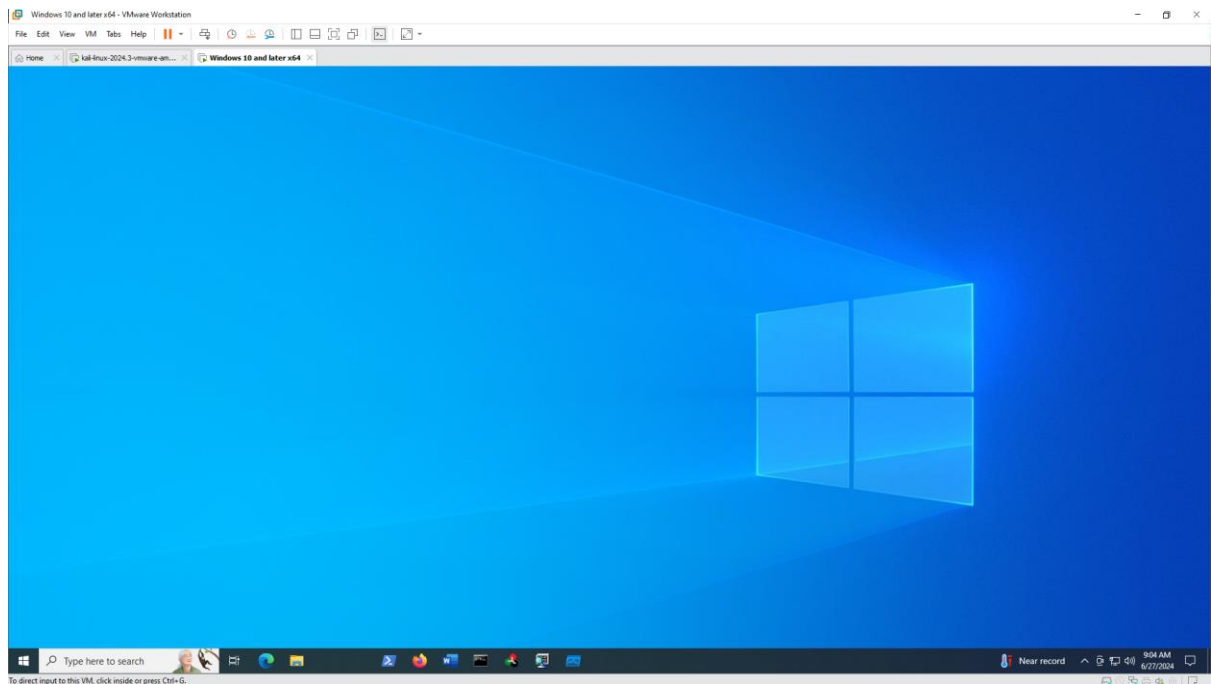
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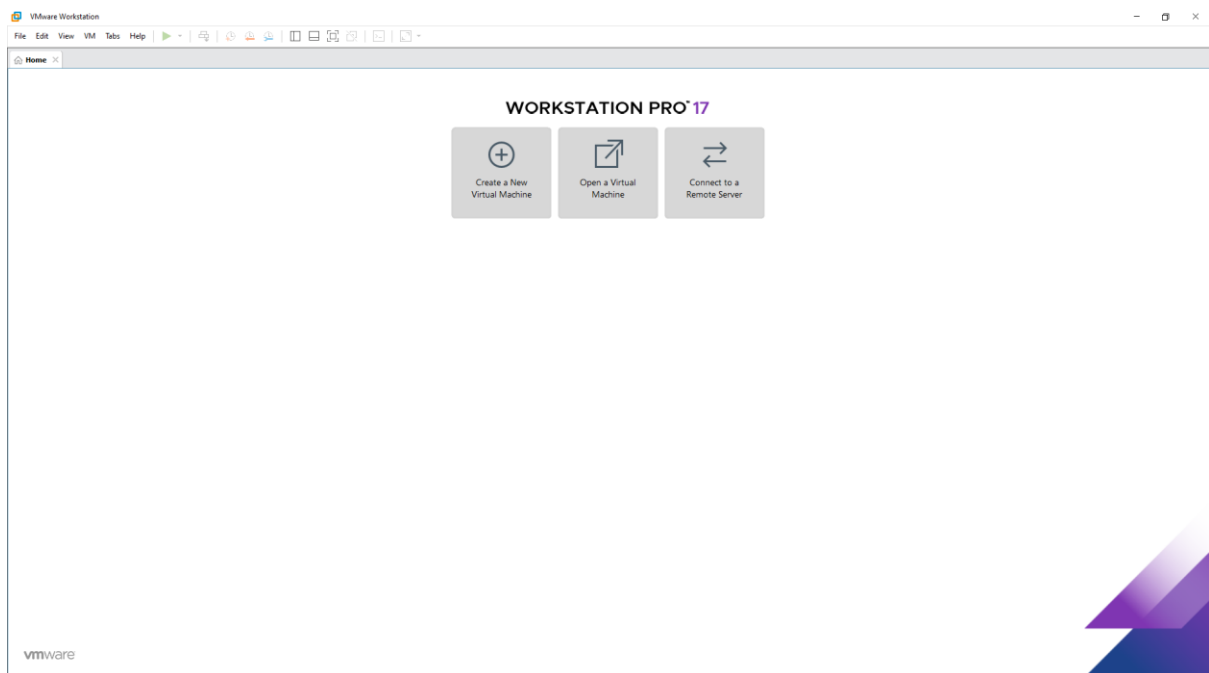
Fresh install of VMware Workstation Pro

Fresh install of Kali Linux as virtual machine

Fresh install Windows 10 as virtual machine