

Forum:[Hack Forums](#)

Thread: [Legion | How to setup a Virtual Machine using VMware - Installing backtrack on VMware](#)

Apple J4ck. - March 26, 2013, 3:28 am

[img]http://i.minus.com/ieq6viOQ6szdE.gif[/img]

Hello Everyone!

So for the following tutorial I'll be using VMware Work Station 7 & BackTrack 5 R3.

Downloads can be found in the spoiler below -

Downloads ([Click to View](#))

VMWare Work Station 7 for Windows 32~64 bit :

<http://kat.ph/pc-eng-vmware-workstation-7-t3155920.html>

Note : this is a cracked version that I found in google, I'm not responsible for however you use it, the real version can be purchased [Here](#).

BackTrack can be found [Here](#)

Note : I will be using BackTrack 5 R3 GNOME & the iso version.

Ok so after you're done with downloading both of the files let's start with the installation!

First you want to install VMWare Work station, After you've installed it'll ask for a serial key, open the keygen.exe copy a random key and paste it in the box, click Next and you're done!

after you've installed it, it'll ask you to re-start your computer, click yes for your computer safety.

now it should show up in your menu bar or where ever you saved it in.

Open it, After you've opened it, it should look like this :

Now let's create our machine!

Click File>New>Virtual Machine

or just click Ctrl+N

Now this window should pop-up :

I'll be choosing typical, you can choose Custom and install only what you want.

After you've clicked Next this window should pop up :

Just click "I will install the operation system later"(last one).

Now this will show up :

I'll be using backtrack so I'll be using Linux>Other linux 2.6.x kernel.

like this :

Now click next, after you did a window asking for the name of the machine, I'll be using "Back Track 5 - Tutorial"

like this :

Now after we clicked next it'll ask us how much GB you'd like to give the machine, make it around 30GB depends on what you're planning to do with the machine.

so yeah, after you chose the GB limit click next and then this window should show up :

After it popped out click "Customize Hardware" as we still haven't even picked our machine yet.

after you clicked it this window should pop-up :

You'll want to give your machine a bit more of Memory so it won't be too laggy, I'll be using 1024MB as I don't have much RAM but doesn't matter, moving on.

Now you'll want to remove the floppy disk, simply just click it and click the Remove button.
after you've done that we'll want to choose our .ISO file (in this case BackTrack 5 R3)
so click "New CD/DVD (IDE)" and now this window will pop up :

now click "Use ISO image file:" click browse and search for the ISO file you've downloaded earlier,
again I'll be using back track.

after you chose the image file click "Ok" and "Finish"

Now it should show up in your Favorites tab on the sidebar.

click "Power on this virtual machine" and it should start up the machine.

now it'll ask you how you want to boot on the machine, I'll just choose the basic one(first one).

now after the machine showed up it should look like this :

after it showed up type "startx"

and then hit enter.

this should start up the machine and after it started up it should show up.

now you might want to change the monitor options as it's too small >.<

so just click System>Preferences>Monitors

like this :

just choose your monitor resolution and click Apply.

after you got this done you'll want to install BackTrack, the installation file should be already in the machine, just click on it(it might take a few seconds to show up), choose the installation language, choose your Time Zone, choose the language you'd like the keyboard to use,and click Install, it'll take a couple minutes till it's done with the installation, when it's down it'll probably ask you to reboot the machine, just click yes and after you've re-booted it'll ask for a username & password
root & toor are the basic ones.

like that :

& password = toor(can be changed)

and again type startx to start up the machine.

That's it!

you're done!

Thanks for reading this tutorial, if you have any questions / need any help feel free to PM me.

See ya next time! ?

TheGrayAviator - March 26, 2013, 4:39 am

WoW, what a great tutorial, keep up the good work.

But shouldn't this be at the Virtual Machine session?

Thank you again.

HackRain - March 26, 2013, 5:19 am

--posted here via request--

Im adding this to the sticky.

I belive one if the biggest steps to cracking

A network(wireless) is installing the os.

We need a HQ tutorial here explaining how to do so.

?added to the stickie 26/3/13?

umeysh - March 26, 2013, 6:37 am

i am using virtual box and its working fine

saak2000 - March 26, 2013, 6:34 pm

Great TUT, personally i loved it, however backtrack will be out dated soon some times, as Kali Linux is the future ;-)

would be great to see how you install Kali in VM or VB so your thread will live for longer,

lovely job, top class thread, and that will help a hell lots of new members on here, keep up the goody coming :-)

TheGrayAviator - March 26, 2013, 6:39 pm

(Mar 26, 2013 06:34 PM)saak2000 Wrote: [\[CITE\]](#) would be great to see how you install Kali in VM or VB so your thread will live for longer,

Kali is just another pen-testing Linux distribution with some advancements added to it.

You would install it, the same way as you would for Backtrack. Via an ISO or via Live CD.

saak2000 - March 26, 2013, 6:46 pm

(Mar 26, 2013 06:39 PM)Greyhat.Infiltrator Wrote: [\[CITE\]](#) Kali is just another pen-testing Linux distribution with some advancements added to it.

You would install it, the same way as you would for Backtrack. Via an ISO or via Live CD.

well you wright, but for more info for you bro, they are retiring backtrack, backtrack will be gone and will be no support for it in the future my friend, trust me on this one,

slightly different installation with Kali ;-)

on-silo - March 26, 2013, 6:50 pm

(Mar 26, 2013 06:46 PM)saak2000 Wrote: [\[CITE\]](#) well you wright, but for more info for you bro, they are retiring backtrack, backtrack will be gone and will be no support for it in the future my friend, trust me on this one,

slightly different installation with Kali ;-)

But the method to install it is the same... this tutorial will work for all flavors of linux
disclaimer maybe not weird cluster linux and other stuff, dont test me on this one >:(

TheGrayAviator - March 26, 2013, 6:59 pm

(Mar 26, 2013 06:46 PM)saak2000 Wrote: [\[CITE\]](#) well you wright, but for more info for you bro, they are retiring backtrack, backtrack will be gone and will be no support for it in the future my friend, trust me on this one,

slightly different installation with Kali ;-)

I am aware of that and in fact, I've always used CentOS, instead of Backtrack. I did have to install some of the tools found in Backtrack, but in the end it's just another Linux distribution, loaded with security tools.

You can turn any other Linux OS, in a pen-testing OS. Just like how PandaSec is doing. And most of the time, we won't be using half of the tools that's provided in it.

saak2000 - March 26, 2013, 7:00 pm

(Mar 26, 2013 06:50 PM)cryotic Wrote: [\[CITE\]](#) But the method to install it is the same... this tutorial will work for all flavors of linux

*disclaimer maybe not weird cluster linux and other stuff, dont test me on this one >:(
of course it will work for most, what am saying is Kali is bit different to all linux, not much anyway, for example, Kali will give you a choice to install it before boot it, with few choices how would you like to install it,

have you got Kali at all ?
did you try it ?

PS: i got nothing against this thread, am not attacking this thread and i already said that i loved it and it's well done! excellent thread!

on-silo - March 26, 2013, 7:08 pm

Yes and it works with the method listed above.

saak2000 - March 26, 2013, 7:14 pm

(Mar 26, 2013 07:08 PM)cryotic Wrote: [\[CITE\]](#) Yes and it works with the method listed above. of course it does indeed, i haven't said otherwise cryotic ?

Apple J4ck. - March 27, 2013, 3:05 am

Thanks for the kind words guys, much appreciated.

HackRain - March 28, 2013, 2:14 am

--moved by request of apple j4ck--
There you go bud ;)

Apple J4ck. - March 29, 2013, 3:25 am

(Mar 28, 2013 02:14 AM)?PandaSec Wrote: [\[CITE\]](#) --moved by request of apple j4ck--
There you go bud ;)
Thank you very much Panda, never knew there's a virtual machines section..

VaMpZz - April 6, 2013, 7:26 pm

Hey man the VMware link you provided doesn't even give you VMware, it just installs some other shit, other than that, good tut.

Juicen - April 7, 2013, 4:07 pm

Great Tutorial! Thank you.
I'll recommend it to my friends

Mentalman75 - April 7, 2013, 4:12 pm

Great tutorial! Fully recommend!
Thank you!

Apple J4ck. - April 7, 2013, 8:12 pm

Thank you for the kind words, glad you liked it. :)

Catzbow - April 8, 2013, 1:30 am

Nice and friendly tutorial!

Keep it up ;)

?Dante - April 10, 2013, 12:17 am

No offence, but the color and size of TEXT in the tutorial isn't readable. I didn't even read it (also, because I know how to set-it-up. ;)

-Dante

ShadowZero - April 23, 2013, 10:01 am

Nice tutorial but it would be better if the text was readable. Good job though !!!

Upgraded - May 20, 2013, 7:39 pm

Very good tutorial.

I have wanted to do this for a long time..

VMware Workstation v9: [Here!](#)

Johnson Licker - May 26, 2013, 5:28 am

I'm going to try this tomorrow, I'll report back on how it went! Thanks for posting! I've been confused about BackTrack and Linux for quite a while now.

xVulnerable - July 3, 2013, 8:22 am

I downloaded the backtrack from the link provided but wheres the iso file?

impal3r - August 5, 2013, 4:42 pm

Thanks for the tut, this will help me alot

Voskhod - August 7, 2013, 10:35 am

Great Tutorial!

Easy and to the point.

Thanks for your effort.

th3d0n131 - January 10, 2014, 6:08 pm

AMZING THREAD WORKS A TREAT I USE VMWARE AND BACKTRACK WORKS FINE ..

HackScope - January 12, 2014, 5:03 pm

Thanks I might try this out later tomorrow!

luv2dai - January 20, 2014, 9:01 pm

Thanks, it has always been confusing for me on setting one up. I'll use this thread as a reference.

himanshu raj - January 13, 2015, 11:18 am

nice job fude for beginners :) :) :)

Three Guys - January 14, 2015, 1:22 pm

Great tutorial. I will put it to use later :)

jfcnumberone - March 29, 2016, 5:39 pm

the grey on grey is really hard to read

Visionary2020 - December 28, 2016, 3:03 am

guys, can anyone tell me that what VMware is used for? cos one of my friends told me that he have used VMware to crack Instagram passwords and with high followers? any idea or informations would be greatly appreciated.

Captain Steve Rogers - December 28, 2016, 9:34 am

(Dec 28, 2016 04:03 AM)Visionary2020 Wrote: [\[CITE\]](#) guys, can anyone tell me that what VMware is used for? cos one of my friends told me that he have used VMware to crack Instagram passwords and with high followers? any idea or informations would be greatly appreciated.

Nope.

VMware where VM stands for Virtual Machine.

VMware is used to install OS on OS, Like if you have windows installed then with the help of VM you can install another OS on that windows via this app called VMware.

It will have separate hard disk and ram space as you specify.

Also it will have it's own desktop and all.

You can do what ever you want as you do on your PC.

Visionary2020 - December 29, 2016, 12:21 am

thanks a lot mate. and my friend wont tell me much about what programs he specifcly uses in VMware to crack Instagram accounts. and I'm sure he is using a proper programs or crackers to do so and he have hacked accounts with 100k+ followers and which is not easy to crack and takes time as well but I would appreciate it if you help me out with that like what program or hack do I need to use which works and give positive results. and where can I buy VMware and does it have any risk to your original OS and yea I am using MacBook the latest one. cheers

soupy_man - January 6, 2017, 10:24 am

This is a very useful explanation, thank you!

zerodoc - September 27, 2024, 11:27 am

thanks bro ur legend

Goods - September 27, 2024, 6:17 pm

Just a heads up, all your image links are broken.