

Forum:[Hack Forums](#)

Thread: [\[MRT-X Academy\] How to Recover Windows Using FRST](#)

Tha Sneak - February 14, 2025, 5:40 pm

How to Recover Windows Using FRST (Farbar Recovery Scan Tool)

What is FRST?

Farbar Recovery Scan Tool (FRST) is a powerful Windows diagnostic and repair tool. It can be used to fix boot issues, remove malware, and restore missing system files.

Step 1: Boot into Windows Recovery Mode (WinRE)

If your system does not boot normally, you need to access the Windows Recovery Environment: Turn off your computer.

Turn it back on and as soon as you see the manufacturer's logo, repeatedly press F8, F11, ESC, or Shift + F10 (depending on your system).

Select Advanced Options > Command Prompt.

If you can boot into Windows normally, you can run FRST directly from within Windows.

Step 2: Download and Run FRSTDownload FRST from: [BleepingComputer](#).

Save the file to a USB drive if using WinRE.

Insert the USB into the affected computer.

In the Command Prompt, type:

Code notepad

In Notepad, go to File > Open and locate the USB drive.

Run `FRST64.exe` or `FRST.exe`.

Step 3: Perform a ScanOnce FRST opens, click the Scan button.

Wait for the scan to complete.

A log file (`FRST.txt`) will be created in the same location where FRST is running.

Step 4: Fix Common Boot Issues

Method 1: Restoring the RegistryClick on Fixlist.txt if you already have a repair script.

If no Fixlist exists, manually restore the registry by typing:

Code restore

Select the most recent registry backup.

Click Yes to confirm.

Method 2: Rebuilding the Boot Configuration Data (BCD)

If the system does not boot properly, you can rebuild the boot records:Open Command Prompt and type:

Code bootrec /fixmbr

bootrec /fixboot

bootrec /scanos

bootrec /rebuildbcd

Restart your PC and check if it boots normally.

Method 3: Fixing Missing or Corrupt System FilesRun the following command in Command Prompt:

Code sfc /scannow

If errors are found but not fixed, run:

Code DISM /Online /Cleanup-Image /RestoreHealth

Restart your PC.

Step 5: Restoring Windows System Files

If you suspect system files are missing or corrupted, use FRST to restore them:Create a Fixlist.txt file with the following content:

Code Start

Replace: C:\Windows\System32\config\SYSTEM C:\Windows\System32\config\RegBack\SYSTEM

Replace: C:\Windows\System32\config\SOFTWARE

C:\Windows\System32\config\RegBack\SOFTWARE

Replace: C:\Windows\System32\config\SAM C:\Windows\System32\config\RegBack\SAM

Replace: C:\Windows\System32\config\SECURITY

C:\Windows\System32\config\RegBack\SECURITY

Replace: C:\Windows\System32\config\DEFAULT

C:\Windows\System32\config\RegBack\DEFAULT

End

Save this file in the same location as FRST.

Click Fix in FRST and wait for the process to complete.

Restart your computer.

Step 6: Removing Malware with FRST

If the scan detects malware, you can remove it: Generate a `Fixlist.txt` file containing the malicious entries found in the FRST scan log.

Click Fix to remove unwanted files, services, or registry entries.

Restart your PC.

Step 7: Restart and Verify

Close FRST and exit Command Prompt.

Restart your computer.

If Windows boots successfully, run a full system scan using an antivirus program.

Tha Sneak - March 1, 2025, 8:35 pm

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If you have a questions about the contents of the thread or other tutorials please go to this thread and post your question in this thread: <https://hackforums.net/showthread.php?tid=6293473>

Thanks,

Tha Sneak