Install Parrot OS on VMware

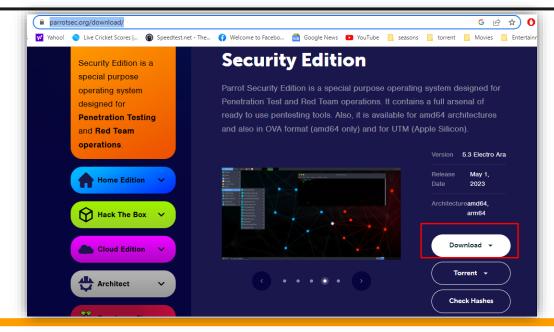
@mmar

Parrot OS is a Linux distribution based on Debian with a focus on security and pen-testing. It is designed for ethical hackers and penetration testers. Parrot OS may be viewed as a completely portable laboratory for a wide range of cyber security operations, from pen testing to reverse engineering and digital forensics. Parrot OS is the default attacking environment on CEH **Exams**

Step-1

Download Parrot OS ISO file from the official Website

https://www.parrotsec.org/download/



Step-2

Open Vmware and install the ISO file

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kali-linux-2022.4-vmware-amd64		
Power on this virtual machine C Edit virtual machine settings Upgrade this virtual machine		New Virtual Machine Wizard X Guest Operating System Installation A virtual machine is like a physical computer; it needs an operating system. How will voi install the quest operating system?
 ▼ Devices Memory Processors Hard Disk (SCSI) ③ CD/DVD (IDE) ③ Network Adapter ④ USB Controller ④ Sound Card Display ▼ Description Kali Rolling (2022.4) x64 2022-12-05 	2 GB 2 80.1 GB Auto detect Bridged (Autom Present Auto detect Auto detect	System: How Will You Install the guest operating system? Install from: Installer disc: DVD RW Drive (D:) Installer disc image file (iso): C:\Users\Ammar\Downloads\torrents\Parrot-security- \Browse C:\Users\Ammar\Downloads\torrents\Parrot-security- \Browse C:\Users\Ammar\Downloads\torrents\Parrot-security- \Browse C:\Users\Ammar\Downloads\torrents\Parrot-security- \Browse C:\Users\Ammar\Downloads\torrents\Parrot-security- \Browse Installer disc image file (iso): C:\Users\Ammar\Downloads\torrents\Parrot-security- \Browse Ammar\Downloads\torrents\Parrot-security- \Browse Installer disc image file (iso): C:\Users\Ammar\Downloads\torrents\Parrot-security- \Browse Installer disc image file (iso): C:\Users\Ammar\Downloads\torrents\Parrot-security- \Browse Ammar\Downloads\torrents\Parrot-security- \Browse Ammar\Downloads\torrents\Parrot-security- \Browse Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete file (iso): Discrete f
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