

# Install Parrot OS on VMware

@mmar



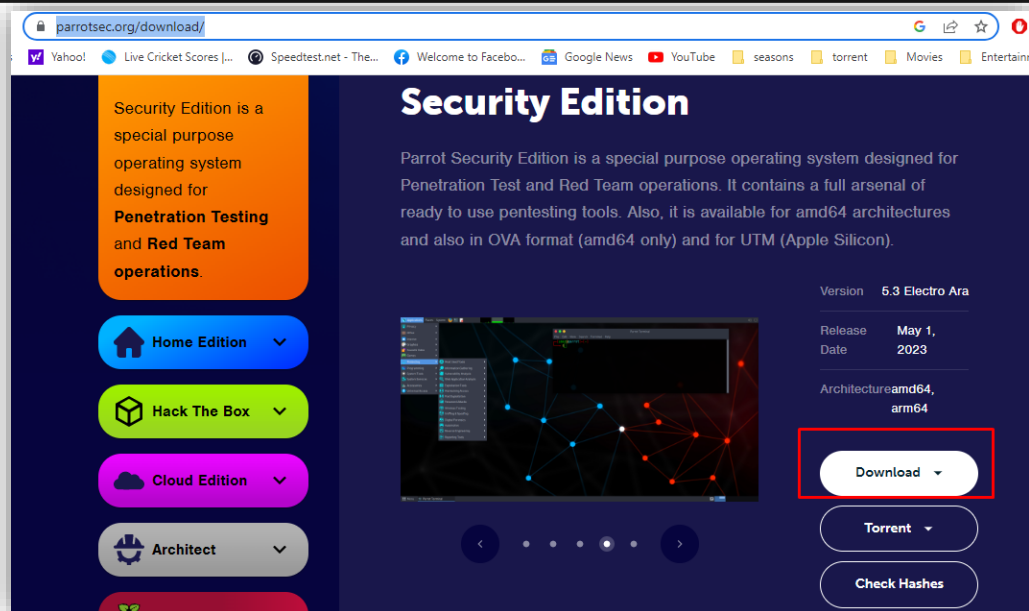
**Parrot OS is a Linux distribution based on Debian with a focus on security and pen-testing. It is designed for ethical hackers and penetration testers. Parrot OS may be viewed as a completely portable laboratory for a wide range of cyber security operations, from pen testing to reverse engineering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

**Parrot OS is the default attacking environment on CEH Exams**

# Step- 1

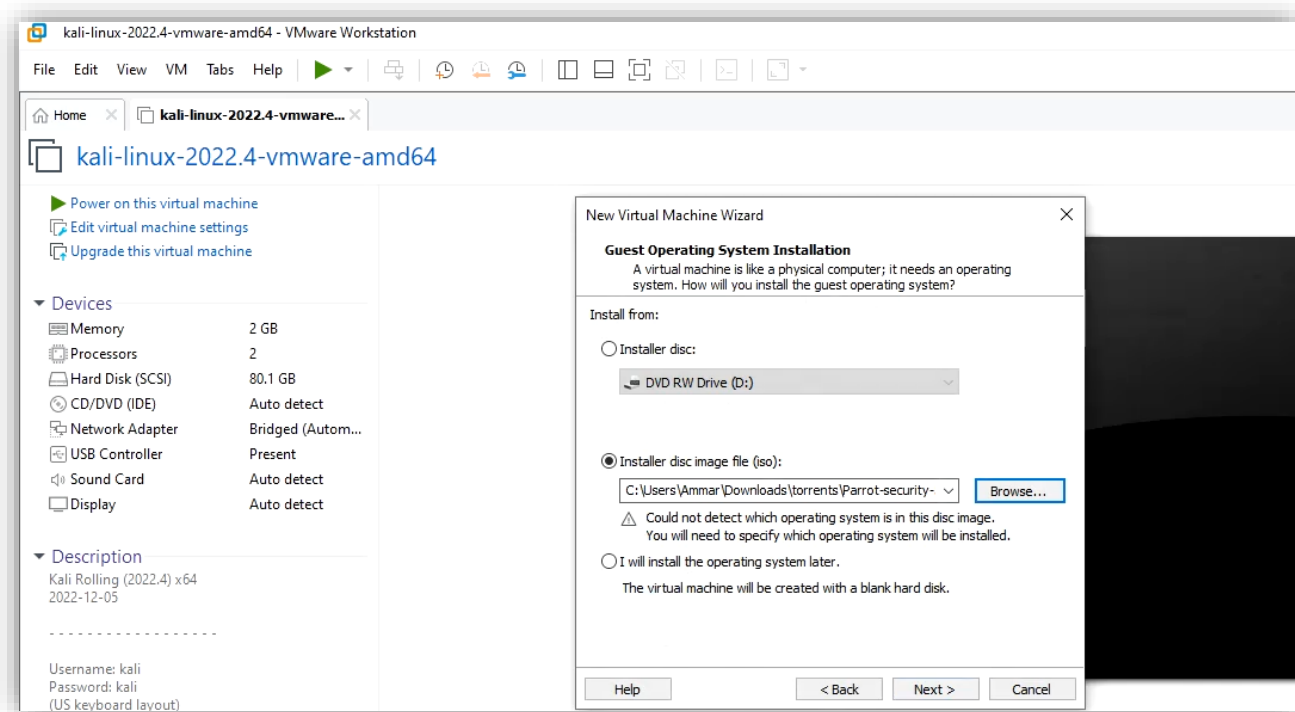
- ❖ Download Parrot OS ISO file from the official Website

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



# Step- 2

## ❖ Open Vmware and install the ISO file



DEMO



THANKS