Install Parrot OS on VMware

@mmar

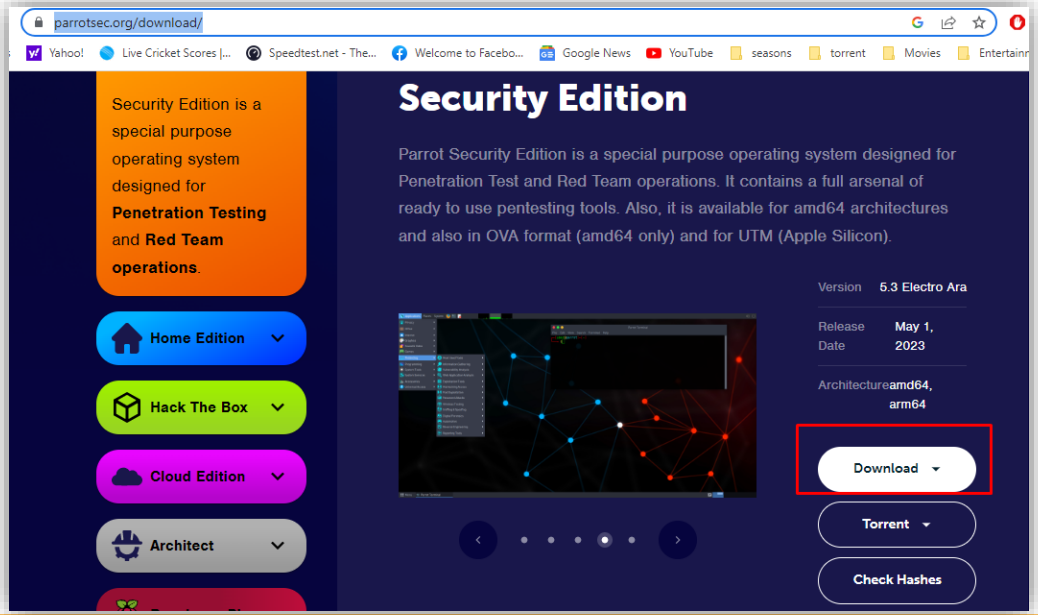
Parrot OS is a Linux distribution based on Debian with a focus on security and pen-testing. It is designed for ethical hackers and penetration testers. Parrot OS may be viewed as a completely portable laboratory for a wide range of cyber security operations, from pen testing to reverse engineering and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

Parrot OS is the default attacking environment on CEH Exams

Step- 1

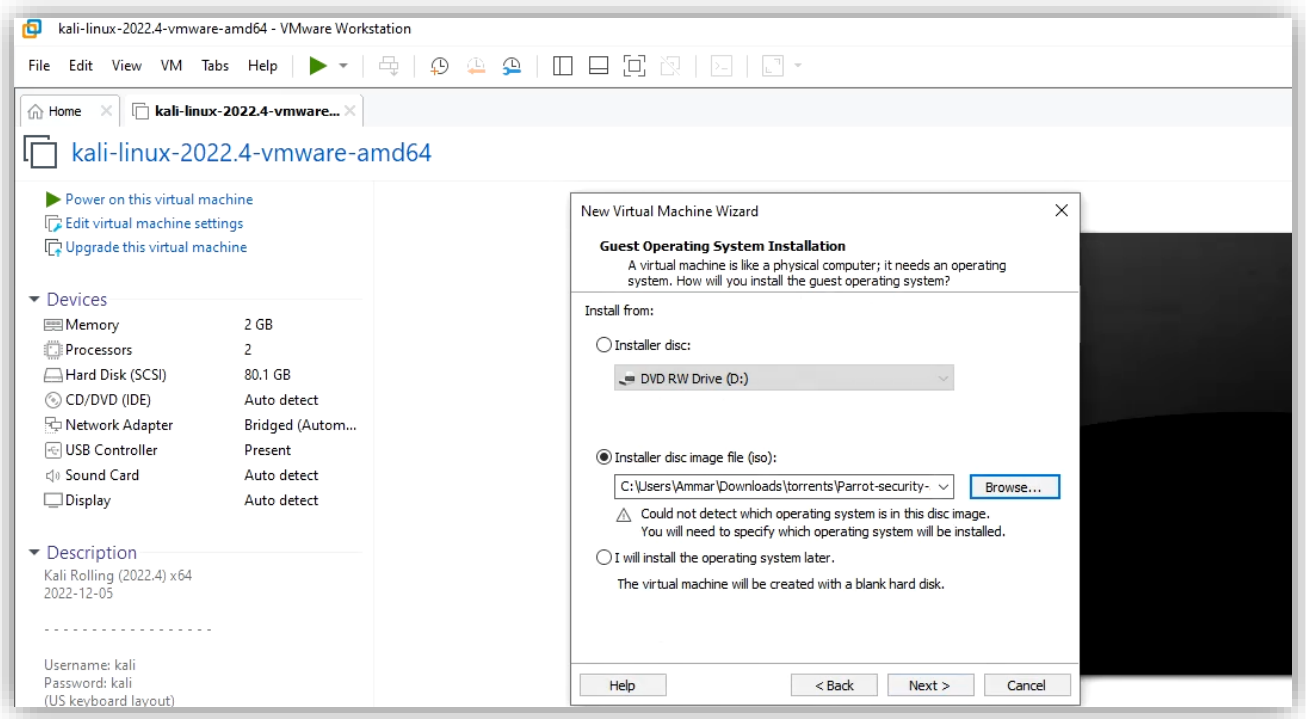
- Download Parrot OS ISO file from the official Website

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



Step- 2

- Open Vmware and install the ISO file



DEMO

THANKS