Hack your friend by using BackTrack 5 | Backtrack 5 tutorial

BackTrack 4 is an penetration testing tool that is run as an live CD, it is an modded form of Linx(Ubuntu) that can be used for hacking.In this tutorial I will show you how to generate payloads in it.

WARNING !!!!!!!!!!!!!! THIS HAS BEEN DISCUSSED TO TELL YOU ABOUT THE WAYS IN WHICH YOUR COMPUTER MIGHT BE EXPLIOTED !!!! DO NOT USE THIS TO HACK ANYONE !!!! READ MORE HERE !!!! DO NOT USE THIS ON ANYONE ELSE OTHER THAN YOURSELF !

First get backtrack at and set it up as per my guide here.

In this tutorial we will be using a useful tool on Backtrack 4 to create a payload which we will then send a slave, the payload created is in exe, once the slave is Social Engineered into running the payload, A meterpreter session will appear to us. We will set it up with a listener on a port, meaning we will have a shell prompt open, waiting for a connection from the slave, once this occurs we have a session, and entry to the victims machine.

Start by opening Bt 4 etc, then scroll to Backtrack, Penetration, Fast-Track, Fast-Track interactive, this will open a prompt like below.

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