System Hacking Module 05

System Hacking

System hacking is the science of testing computers and network for vulnerabilities and plug-ins.



Lab Scenario

Password hacking is one of the easiest and most common ways hackers obtain unauthorized computer or network access. Although strong passwords that are difficult to crack (or guess) are easy to create and maintain, users often neglect this. Therefore, passwords are one of the weakest links in the information-security chain. Passwords rely on secrecy. After a password is compromised, its original owner isn't the only person who can access the system with it. Hackers have many ways to obtain passwords. Hackers can obtain passwords from local computers by using password-cracking software. To obtain passwords from across a network, hackers can use remote cracking utilities or network analyzers. This chapter demonstrates just how easily hackers can gather password information from your network and describes password vulnerabilities that exit in computer networks and countermeasures to help prevent these vulnerabilities from being exploited on your systems.

Lab Objectives

The objective of this lab is to help students learn to **monitor** a system **remotely** and to extract **hidden** files and other tasks that include:

- Extracting administrative passwords
- Hiding files and extracting hidden files
- Recovering passwords
- Monitoring a system remotely

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

Lab Environment

To carry out the lab you need:

- A computer running Windows Server 2012
- A web browser with an Internet connection
- Administrative privileges to run tools

Lab Duration

Time: 100 Minutes

Overview of System Hacking

The goal of system hacking is to **gain** access, escalate privileges, execute applications, and **hide** files.



Lab Tasks

Overview

Recommended labs to assist you in system hacking:

- Extracting Administrator Passwords Using LCP
- Hiding Files Using NTFS Streams
- Find Hidden Files Using ADS Spy
- Hiding Files Using the Stealth Files Tool
- Extracting SAM Hashes Using PWdump7 Tool
- Creating the Rambow Tables Using Winrtge
- Password Cracking Using RainbowCrack
- Extracting Administrator Passwords Using LOphtCrack
- Password Cracking Using Ophcrack
- System Monitoring Using RemoteExec
- Hiding Data Using Snow Steganography
- Viewing, Enabling and Clearing the Audit Policies Using Auditpol
- Password Recovery Using CHNTPW ISO
- User System Monitoring and Surveillance Needs Using Spytech SpyAgent
- Web Activity Monitoring and Recording using Power Spy 2013
- Image Steganography Using QuickStego

Lab Analysis

Analyze and document the results related to the lab exercise. Give your opinion on the target's security posture and exposure.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.



Extracting Administrator Passwords Using LCP

Link Control Protocol (LCP) is part of the Point-to-Point (PPP) protocol. In PPP communications, both the sending and receiving devices send out LCP packets to determine specific information required for data transmission.

Valuable information Test your knowledge

Web exercise

Workbook review

Lab Scenario

Hackers can break weak password storage mechanisms by using cracking methods that outline in this chapter. Many vendors and developers believe that passwords are safe from hackers if they don't publish the source code for their encryption algorithms. After the code is cracked, it is soon distributed across the Internet and becomes public knowledge. Password-cracking utilities take advantage of weak password encryption. These utilities do the grunt work and can crack any password, given enough time and computing power. In order to be an expert ethical hacker and penetration tester, you must understand how to crack administrator passwords.

Lab Objectives

The objective of this lab is to help students learn how to crack administrator passwords for ethical purposes.

In this lab you will learn how to:

- Use an LCP tool
- Crack administrator passwords

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

Lab Environment

To carry out the lab you need:

- LCP located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Password Cracking Tools\LCP
- You can also download the latest version of LCP from the link http://www.lcpsoft.com/english/index.htm

- If you decide to download the latest version, then screenshots shown in the lab might differ
- Follow the wizard driven installation instructions
- Run this tool in Windows Server 2012
- Administrative privileges to run tools
- TCP/IP settings correctly configured and an accessible DNS server

Lab Duration

Time: 10 Minutes

Overview of LCP

LCP program mainly audits user account passwords and recovers them in Windows 2008 and 2003. General features of this protocol are password recovery, brute force session distribution, account information importing, and hashing. It can be used to test password security, or to recover lost passwords. The program can import from the local (or remote) computer, or by loading a SAM, LC, LCS, PwDump or Sniff file. LCP supports dictionary attack, brute force attack, as well as a hybrid of dictionary and brute force attacks.

Lab Tasks



Cracking
Administrator
Password

1. Launch the **Start** menu by hovering the mouse cursor on the lower-left corner of the desktop.



FIGURE 1.1: Windows Server 2012 - Desktop view

2. Click the LCP app to launch LCP.

You can also download LCP from http://www.lcpsoft.com.



FIGURE 1.2: Windows Server 2012 - Apps

3. The LCP main window appears.

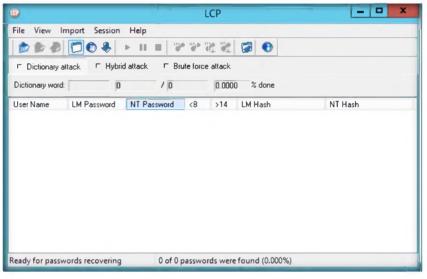
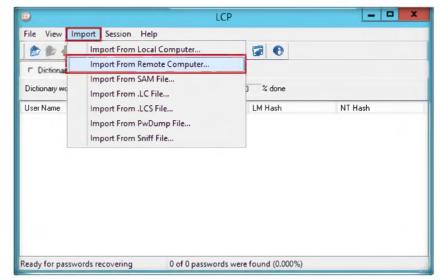


FIGURE 1.3: LCP main window

4. From the menu bar, select **Import** and then **Import from remote** computer.

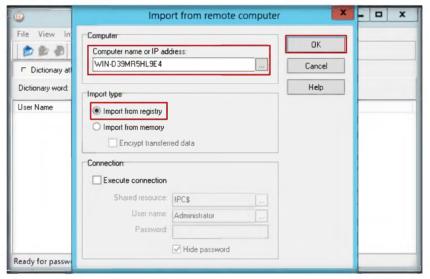
LCP supports additional encryption of accounts by SYSKEY at import from registry and export from SAM file.



LCP is logically a transport layer protocol according to the OSI model.

FIGURE 1.4: Import the remote computer

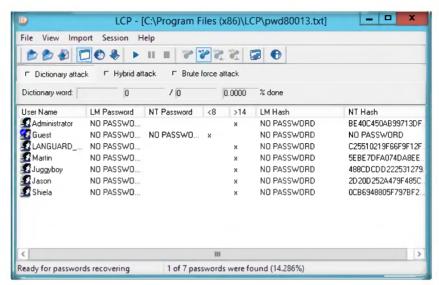
5. Select Computer name or IP address, select the Import type as Import from registry, and click OK.



LCP checks the identity of the linked device and either accepts or rejects the peer device, then determines the acceptable packet size for transmission.

FIGURE 1.5: Import from remote computer window

6. The **output** window appears.



☐ Main purpose of LCP program is user account passwords auditing and recovery in Windows

FIGURE 1.6: Importing the User Names

- 7. Now select any User Name and click the 🕒 Play button.
- 8. This action generates passwords.

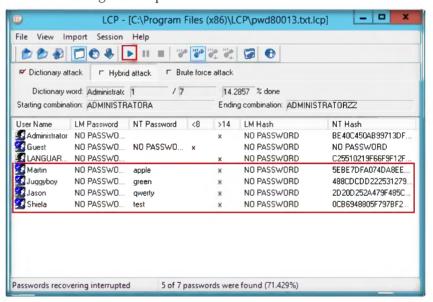


FIGURE 1.7: LCP generates the password for the selected username

Lab Analysis

Document all the IP addresses and passwords extracted for respective IP addresses. Use this tool only for training purposes.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved	
	Remote Computer Name: WIN-D39MR5HL9E4	
LCP	Output: User Name - NT Password Martin - apple Juggyboy - green Jason - qwerty Shiela - test	

Questions

- 1. What is the main purpose of LCP?
- 2. How do you continue recovering passwords with LCP?

Internet Connection Required		
☐ Yes	☑ No	
Platform Supported		
☑ Classroom	☑ iLabs	



Hiding Files Using NTFS Streams

A stream consists of data associated with a main file or directory (known as the main unnamed stream). Each file and directory in NTFS can have multiple data streams that are generally hidden from the user.

ICON KEY









Lab Scenario

Once the hacker has fully hacked the local system, installed their backdoors and port redirectors, and obtained all the information available to them, they will proceed to hack other systems on the network. Most often there are matching service, administrator, or support accounts residing on each system that make it easy for the attacker to compromise each system in a short amount of time. As each new system is hacked, the attacker performs the steps outlined above to gather additional system and password information. Attackers continue to leverage information on each system until they identify passwords for accounts that reside on highly prized systems including payroll, root domain controllers, and web servers. In order to be an expert ethical hacker and penetration tester, you must understand how to hide files using NTFS streams.

Lab Objectives

The objective of this lab is to help students learn how to hide files using NTFS streams.

It will teach you how to:

- Use NTFS streams
- Hide files

Lab Environment

To carry out the lab you need:

- A computer running Windows Server 2008 as virtual machine
- Formatted C:\ drive NTFS

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

Lab Duration

Time: 15 Minutes

Overview of NTFS Streams

NTFS (New Technology File System) is the standard file system of Windows.

NTFS supersedes the FAT file system as the preferred file system for Microsoft Windows operating systems. NTFS has several improvements over FAT and HPFS (High Performance File System), such as improved support for metadata and the use of advanced data structures.

Lab Tasks



- **NTFS Streams**
- 1. Run this lab in Windows Server 2008 virtual machine
- 2. Make sure the C:\ drive is formatted for NTFS.
- 3. Create a folder called magic on the C:\ drive and copy calc.exe from C:\windows\system32 to C:\magic.
- 4. Open a command prompt and go to C:\magic and type notepad readme.txt in command prompt and press Enter.
- 5. **readme.txt** in Notepad appears. (Click **Yes** button if prompted to create a new **readme.txt** file.)
- 6. Type Hello World! and Save the file.

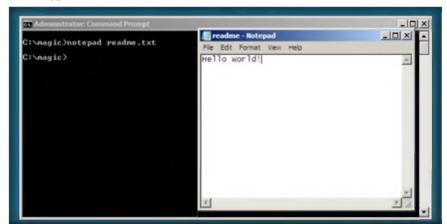


FIGURE 2.1: Command prompt with "notepad readme.txt" command

- 7. Note the file **size** of the **readme.txt** by typing **dir** in the command prompt.
- 8. Now hide **calc.exe** inside the **readme.txt** by typing the following in the command prompt:

type c:\magic\calc.exe > c:\magic\readme.txt:calc.exe



A stream consists of data associated with a main file or directory (known as the main unnamed stream).

FIGURE 2.2: Command prompt with hiding calc.exe command

9. Type dir in command prompt and note the file size of readme.txt.

NTFS supersedes the FAT file system as the preferred file system for Microsoft's Windows operating systems.

FIGURE 2.3: Command prompt with executing hidden calc.exe command

- 10. The file size of the readme.txt should not change. Now navigate to the directory c:\magic and delete calc.exe.
- 11. Return to the command prompt and type command:

mklink backdoor.exe readme.txt:calc.exe and press Enter

A stream is a hidden file that is linked to a normal (visible) file.

FIGURE 2.4: Command prompt linking the executed hidden calc.exe

 Type backdoor, press Enter, and the the calculator program will be executed.



FIGURE 2.5: Command prompt with executed hidden calc.exe

Lab Analysis

Document all the results discovered during the lab.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
NTFS Streams	Output: Calculator (calc.exe) file executed

Questions

1. Evaluate alternative methods to hide the other exe files (like calc.exe).

Internet Connection Required		
☐ Yes	☑ No	
Platform Supported		
☑ Classroom	☑ iLabs	



Find Hidden Files Using ADS Spy

Ads Spy is a tool used to list, view, or delete Alternate Data Streams (ADS) on Windows Server 2008 with NTFS file systems.

ICON KEY

Valuable information







Lab Scenario

Hackers have many ways to obtain passwords. Hackers can obtain passwords from local computers by using password-cracking software. To obtain passwords from across a network, hackers can use remote cracking utilities or network analyzers. This chapter demonstrates just how easily hackers can gather password information from your network and describes password vulnerabilities that exit in computer networks and countermeasures to help prevent these vulnerabilities from being exploited on your systems. In order to be an expert ethical hacker and penetration tester, you must understand how to find hidden files using ADS Spy.

Lab Objectives

The objective of this lab is to help students learn how to list, view, or delete **Alternate Data Streams** and how to use them.

It will teach you how to:

- Use ADS Spy
- Find hidden files

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System

Hacking

Lab Environment

To carry out the lab you need:

- ADS Spy located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\NTFS Stream Detector Tools\ADS Spy
- You can also download the latest version of ADS Spy from the link http://www.merijn.nu/programs.php#adsspy
- If you decide to download the latest version, then screenshots shown in the lab might differ
- Run this tool in Windows Server 2012

Lab Duration

Time: 10 Minutes

Overview of ADS Spy

An ADS (Alternate Data Stream) is a technique used to store meta-info on files. ADS Spy is a tool used to list, view, or delete Alternate Data Streams (ADS) on Windows Server 2008 with NTFS file systems. ADS Spy is a method of storing meta-information of files, without actually storing the information inside the file it belongs to.

Lab Tasks

- 1. Navigate to the CEH-Tools directory D:\CEH-Tools\CEHv8 Module 05
 System Hacking\NTFS Stream Detector Tools\ADS Spy
- 2. Double-click and launch ADS Spy.

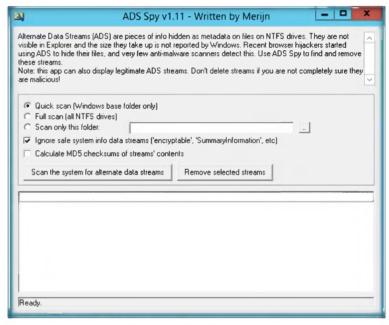


FIGURE 3.1 Welcome screen of ADS Spy

- 3. Start an appropriate scan that you need.
- 4. Click Scan the system for alternate data streams.

Alternative Data

TASK 1

LADS Spy is a small tool to list, view, or delete Alternate Data Streams (ADS) on Windows 2012 with NTFS file systems.

are malicious! C Quick scan (Windows base folder only) Full scan (all NTFS drives) Scan only this folder: ADS are a way ✓ Ignore safe system info data streams ('encryptable', 'SummaryInformation', etc) Calculate MD5 checksums of streams' contents Remove selected streams Scan the system for alternate data streams C:\Users\Administrator\Documents: {726B6F7C-E889-4EFE-8CA3-AEF4943DBD38} (12 bytes) C:\Users\Administrator\Favorites\Links\Suggested Sites.url: favicon (894 bytes) C:\Users\Administrator\My Documents: {726B6F7C-E889-4EFE-8CA3-AEF4943DBD38} (12 bytes) C:\Windows.old.000\Documents and Settings\Administrator\Favorites\Links\Suggested Sites.url : favicon [85] C:\Windows.old.000\Users\Administrator\Favorites\Links\Suggested Sites.url: favicon (894 bytes) Scan complete, found 6 alternate data streams (ADS's).

these streams

of storing metainformation regarding files, without actually storing the information in the file it belongs to. carried over from early MacOS compatibility

FIGURE 3.2 ADS Spy window with Full Scan selected

ADS Spy v1.11 - Written by Merijn Alternate Data Streams (ADS) are pieces of info hidden as metadata on files on NTFS drives. They are not visible in Explorer and the size they take up is not reported by Windows. Recent browser hijackers started using ADS to hide their files, and very few anti-malware scanners detect this. Use ADS Spy to find and remove

Note: this app can also display legitimate ADS streams. Don't delete streams if you are not completely sure they

- 5. Find the ADS hidden info file while you scan the system for alternative data streams.
- 6. To remove the Alternate Data Stream, click Remove selected streams.

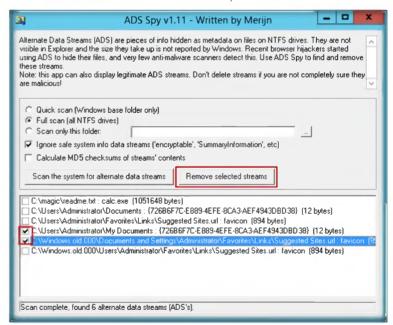


FIGURE 3.3: Find the hidden stream file

Compatible with: Windows Server 2012, 20008

Lab Analysis

Document all the results and reports gathered during the lab.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
	Scan Option: Full Scan (all NTFS drives)
ADS Spy	Output: Hidden files with its location Hidden files size

Questions

1. Analyze how ADS Spy detects NTFS streams.

Internet Connection Required	
□ Yes	☑ No
Platform Supported	
☑ Classroom	☑ iLabs



Hiding Files Using the Stealth Files Tool

Stealth Files use a process called steganography to hide any files inside of another file. It is an alternative to encryption of files.

Valuable information Test your

Lab Scenario

The Windows NT NTFS file system has a feature that is not well documented and is unknown to many NT developers and most users. A stream is a hidden file that is linked to a normal (visible) file. A stream is not limited in size and there can be more than one stream linked to a normal file. Streams can have any name that complies with NTFS naming conventions. In order to be an expert ethical hacker and penetration tester, you must understand how to hide files using the Stealth Files tool. In this lab, discuss how to find hidden files inside of other files using the Stealth Files Tool.

Web exercise Workbook review

knowledge

Lab Objectives

The objective of this lab is to teach students how to **hide files** using the Stealth Files tool.

It will teach you how to:

- Use the Stealth Files Tool
- Hide files

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

Lab Environment

To carry out this lab you need:

- Stealth Files tool located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Steganography\Audio Steganography\Stealth Files
- A computer running Window Server 2012 (host machine)
- You can also download the latest version of Stealth Files from the link http://www.froebis.com/english/sf40.shtml

- If you decide to download the latest version, then screenshots shown in the lab might differ
- Administrative privileges to run the Stealth files tool
- Run this tool in Windows Server 2012 (Host Machine)

Lab Duration

Time: 15 Minutes

Overview of Stealth Files Tool

Stenography is the art and science of writing hidden messages.

Stealth files use a process called **steganography** to hide any files inside of another file. It is an alternative to encryption of files because no one can decrypt the encrypted information or data from the files unless they know that the hidden files exist.

Lab Tasks



- Stenography
- 1. Follow the wizard-driven installation instructions to install **Stealth Files Tool**.
- 2. Launch Notepad and write Hello World and save the file as Readme.txt on the desktop.

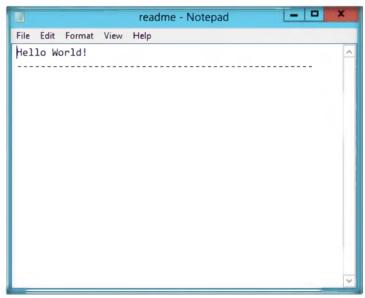


FIGURE 4.1: Hello world in readme.txt

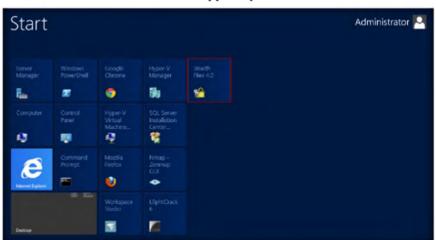
3. Launch the **Start** menu by hovering the mouse cursor on the lower-left corner of the desktop.

☼ Stealth Files uses a process called steganography to hide any file or files inside of another file



FIGURE 4.2: Windows Server 2012 - Desktop view

4. Click the Stealth Files 4.0 app to open the Stealth File window.



You can also download Stealth File from http://www.froebis.com.

This is an

alternative to encryption because no one can decrypt

encrypted information or files unless they

know that the hidden files exist.

FIGURE 4.3: Windows Server 2012 - Apps

5. The main window of **Stealth Files 4.0** is shown in the following figure.



FIGURE 4.4: Control panel of Stealth Files

- 6. Click **Hide Files** to start the process of hiding the files.
- 7. Click Add files.

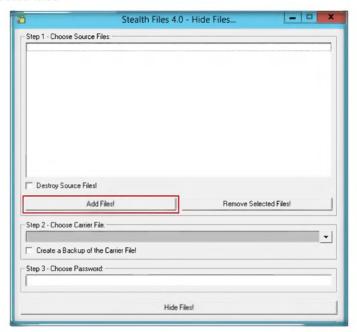


FIGURE 4.5: Add files Window

- 8. In Step1, add the Calc.exe from c:\windows\system32\calc.exe.
- 9. In Step 2, choose the carrier file and add the file Readme.txt from the desktop.
- 10. **In Step 3,** choose a password such as **magic** (you can type any desired password).

■ Before Stealth Files hides a file, it compresses it and encrypts it with a password. Then you must select a carrier file, which is a file that contains the hidden files

☐ Stealth Files
4.0 can be
downloaded from
the link:
http://www.froebis
.com/english/sf40.
shtml

remove the hidden files from the carrier file by going to Remove **Hidden Files and** following the instructions

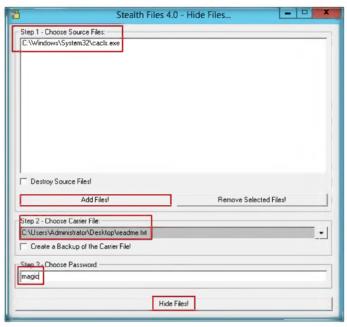


FIGURE 4.6: Step 1-3 Window

- 11. Click Hide Files.
- 12. It will hide the file calc.exe inside the readme.txt located on the desktop.
- 13. Open the notepad and check the file; calc.exe is copied inside it.

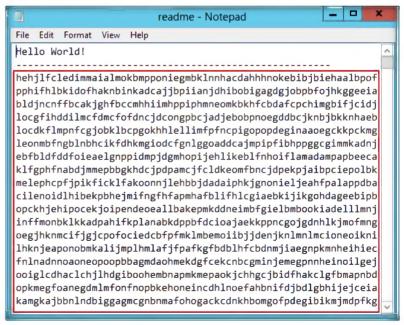


FIGURE 4.7: Calc.exe copied inside notepad.txt

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14. Now open the Stealth files Control panel and click Retrieve Files.

Twhen you are ready to

recover your hidden files,

simply open them up with Stealth Files, and if you

prompted to enter it again

to recover the hidden files

gave the carrier file a

password, you will

E Pictures will still look the same, sound file will still sound the same, and programs will still work fine

These carrier files will still work perfectly even with the hidden data in

This carrier file can be

JPG, GIF, ART, MP3, AVI, WAV, DOC, BMP, and

WMF. Most audio, video, and

executable files can also be

carrier files

any of these file types: EXE, DLL, OCX, COM,



FIGURE 4.8: Stealth files main window

- 15. In **Step 1**, choose the file (Readme.txt) from desktop in which you have saved the **calc.exe**.
- 16. In **Step 2**, choose the path to store the retrieved hidden file. In the lab the path is desktop.
- 17. Enter the password magic (the password that is entered to hide the file) and click on Retrieve Files!

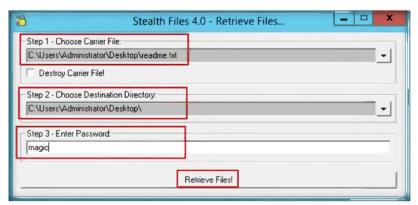
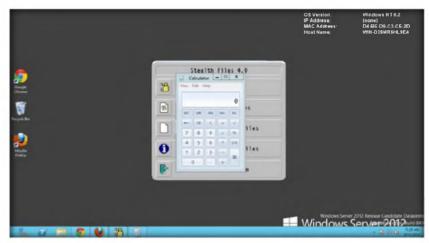


FIGURE 4.9: Retrieve files main window

18. The retrieved file is stored on the **desktop**.



You can transfer the carrier file through the Internet, and the hidden files inside will transfer simultaneously.

FIGURE 4.10: Calc.exe running on desktop with the retrieved file

Lab Analysis

Document all the results and reports gathered during the lab.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
	Hidden Files: Calc.exe (calculator)
Stealth Files Tool	Retrieve File: readme.txt (Notepad)
	Output: Hidden calculator executed

Questions

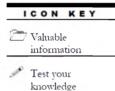
1. Evaluate other alternative parameters for hiding files.

Internet Connection Required		
☐ Yes	☑ No	
Platform Supported		
☑ Classroom	🗹 iLabs	



Extracting SAM Hashes Using PWdump7 Tool

Pwdump7 can also be used to dump protected files. You can always copy a used file by just executing: pwdump7.exe-d c:\lockedfile.dat backutp-lockedfile.dat. Icon key:



Web exercise

Workbook review

Lab Scenario

Passwords are a big part of this modern generation. You can use the password for your system to protect the business or secret information and you may choose to limit access to your PC with a Windows password. These passwords are an important security layer, but many passwords can be cracked and while that is worry, this chink in the armour can come to your rescue. By using password cracking tools or password cracking technologies that allows hackers to steal password can be used to recover them legitimately. In order to be an expert ethical hacker and penetration tester, you must understand how to crack administrator passwords. In this lab, we discuss extracting the user login password hashes to crack the password.

Lab Objectives

This lab teaches you how to:

- Use the pwdump7 tool
- Crack administrator passwords

Lab Environment

To carry out the lab you need:

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

- Pwdump7 located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Password Cracking Tools\pwdump7
- Run this tool on Windows Server 2012
- You can also download the latest version of pwdump7 from the link http://www.tarasco.org/security/pwdump 7/index.html
- Administrative privileges to run tools

- TCP/IP settings correctly configured and an accessible DNS server
- Run this lab in Windows Server 2012 (host machine)

Lab Duration

Time: 10 Minutes

Overview of Pwdump7

Pwdump7 can be used to dump protected files. You can always copy a used file just by executing: pwdump7.exe -d c:\lockedfile.dat backup-lockedfile.dat. Icon key

Lab Tasks

- 1. Open the command prompt and navigate to D:\CEH-Tools\CEHv8

 Module 05 System Hacking\Password Cracking Tools\pwdump7.
- Alternatively, you can also navigate to D:\CEH-Tools\CEHv8 Module 05
 System Hacking\Password Cracking Tools\pwdump7and right-click
 the pwdump7 folder and select CMD prompt here to open the
 command prompt.



FIGURE 5.1: Command prompt at pwdump7 directory

3. Now type **pwdump7.exe** and press **Enter**, which will display all the password hashes.



Active
directory
passwords are
stored in the
ntds.dit file and
currently the
stored structure

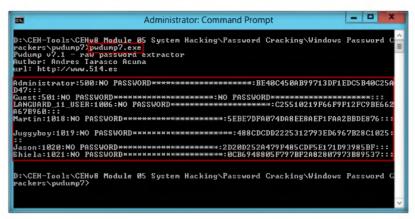


FIGURE 5.2: pwdump7.exe result window

- 4. Now type pwdump7.exe > c:\hashes.txt in the command prompt, and press Enter.
- 5. This command will copy all the data of **pwdump7.exe** to the **c:\hashes.txt** file. (To check the generated hashes you need to navigate to the **C:** drive.)

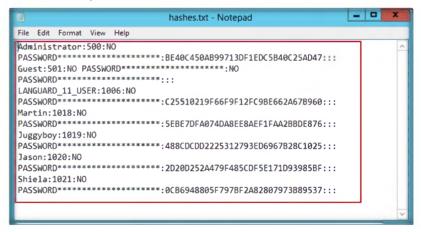


FIGURE 5.3: hashes.txt window

Lab Analysis

Analyze all the password hashes gathered during the lab and figure out what the password was.

Always copy a

pwdump7.exe -d c:\lockedfile.dat

lockedfile.dat.

used file just

executing:

backup-

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
PWdump7	Output: List of User and Password Hashes Administrator Guest Lauguard Martin Juggyboy Jason shiela

Questions

- 1. What is pwdump7.exe command used for?
- 2. How do you copy the result of a command to a file?

Internet Connection Required		
☐ Yes	☑ No	
Platform Supported		
☑ Classroom	☑ iLabs	



Creating the Rainbow Tables Using Winrtgen

Wintgen is a graphical Rainbon Tables Generator that supports LM, FastLM, NTLM, LMCHALL, HalfLMCHALL, NTLMCHALL, MSCACHE, MD2, MD4, MD5, SH41, RIPEMD160, MySQL323, MySQLSH41, CiscoPIX, ORACLE, SH4-2 (256), SH4-2 (384) and SH4-2 (512) hashes.



Lab Scenario

In computer and information security, the use of password is essential for users to protect their data to ensure a secured access to their system or machine. As users become increasingly aware of the need to adopt strong passwords, it also brings challenges to protection of potential data. In this lab, we will discuss creating the rainbow table to crack the system users' passwords. In order to be an expert ethical hacker and penetration tester, you must understand how to create rainbow tables to crack the administrator password.

Lab Objectives

The objective of this lab is to help students how to create and use **rainbow table** to perform system password hacking.

Lab Environment

To carry out the lab, you need:

☐ Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

- Winrtgen Tool located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Rainbow Table Creation Tools\Winrtgen
- A computer running Window Server 2012
- You can also download the latest version of Winrtgen from the link http://www.oxid.it/projects.html
- If you decide to download the latest version, then screenshots shown in the lab might differ

- Run this tool on Windows Server 2012
- Administrative privileges to run this program

Lab Duration

Time: 10 Minutes

You can also download Winrtge from http://www.oxid.it/project

Overview of Rainbow Table

A rainbow table is a precomputed table for reversing cryptographic hash functions, usually for cracking password hashes. Tables are usually used in recovering plaintext passwords, up to a certain length, consisting of a limited set of characters.

Lab Task



1. Double-click the **winrtgen.exe** file. The main window of winrtgen is shown in the following figure.

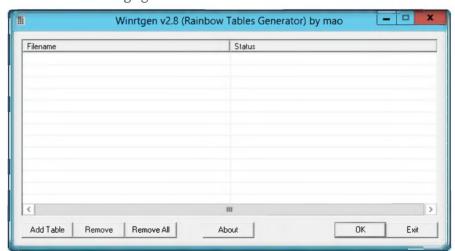
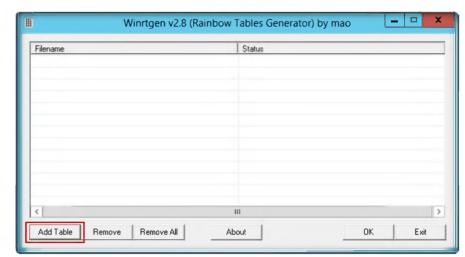


FIGURE 6.1: winrtgen main window

Rainbow tables usually used to crack a lot of hash types such as NTLM, MD5, SHA1

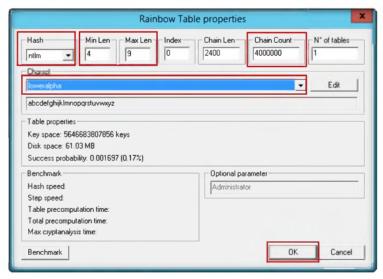
2. Click the Add Table button.



You can also download Winrtge from http://www.oxid.it/project s.html.

FIGURE 6.2: creating the rainbow table

- 3. Rainbow Table properties window appears:
 - i. Select **ntlm** from the **Hash** drop-down list
 - ii. Set the Min Len as 4, the Max Len as 9, and the Chain Count of 4000000.
 - iii. Select **loweralpha** from the **Charset** drop-down list (this depends on the password).
- 4. Click OK.



Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

FIGURE 6.3: selecting the Rainbow table properties

5. A file will be created; click **OK**.

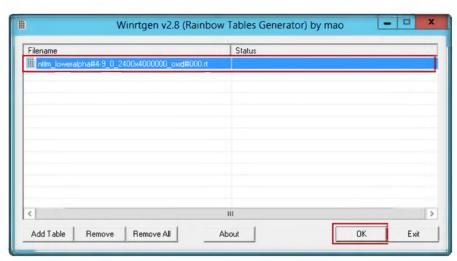


FIGURE 6.4: Alchemy Remote Executor progress tab window

6. Creating the hash table will take some time, depending on the selected hash and charset.

Note: To save the time for the lab demonstration, the generated hash table is kept in the following folder: D:\CEH-Tools\CEHv8 Module 05 System Hacking\Rainbow Table Creation Tools\Winrtgen

7. Created a hash table saved automatically in the folder containing winrtgen.exe.

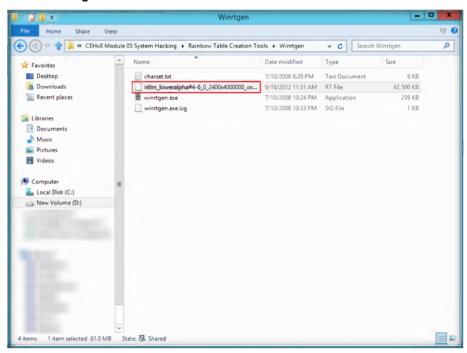


FIGURE 6.5: Generated Rainbow table file

You must be careful of your harddisk space. Simple rainbow table for 1 – 5 alphanumeric and it costs about 613MB of your harddisk.

Lab Analysis

Analyze and document the results related to the lab exercise.

Tool/Utility	Information Collected/Objectives Achieved
	Purpose: Creating Rainbow table with lower alpha
Winrtge	Output: Created Rainbow table: ntlm_loweralpha#4-6_0_2400X4000000_ox

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Internet Connection Required		
□Yes	☑ No	
Platform Supported		
☑ Classroom	☑ iLabs	



Password Cracking Using RainbowCrack

Rainbon Crack is a computer program that generates rainbon tables to be used in password cracking.

Valuable information

Test your knowledge



Workbook review

Lab Scenario

Computer passwords are like locks on doors; they keep honest people honest. If someone wishes to gain access to your laptop or computer, a simple login password will not stop them. Most computer users do not realize how simple it is to access the login password for a computer, and end up leaving vulnerable data on their computer, unencrypted and easy to access. Are you curious how easy it is for someone to gain access to your computer? Windows is still the most popular operating system, and the method used to discover the login password is the easiest. A hacker uses password cracking utilities and cracks your system. That is how simple it is for someone to hack your password. It requires no technical skills, no laborious tasks, only simple words or programs. In order to be an ethical hacker and penetration tester, you must understand how to crack administrator password. In this lab we discuss how to crack guest users or administrator passwords using RainbowCrack.

Lab Objectives

The objective of this lab is to help students to **crack passwords** to perform system password hacking.

Lab Environment

To carry out the lab, you need:

- RainbowCrack Tool located at D:\CEH-Tools\CEHv8 Module 05
 System Hacking\Rainbow Table Creation Tools\RainbowCrack
- A computer running Window Server 2012
- You can also download the latest version of RainbowCrack from the link http://project-rainbowcrack.com/

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

You can also download Winrtge from http://www.oxid.it/project s.html

- If you decide to download the latest version, then screenshots shown in the lab might differ
- Run this tool on Windows Server 2012
- Administrative privileges to run this program

Lab Duration

Time: 10 Minutes

Overview of RainbowCrack

RainbowCrack is a computer program that generates rainbow tables to be used in password cracking. RainbowCrack differs from "conventional" brute force crackers in that it uses large pre-computed tables called rainbow tables to reduce the length of time needed to crack a password.

Lab Task

Generating the

Generating the Rainbow Table

RainbowCrack for GPU is the hash cracking program in RainbowCrack hash cracking utilities. 1. Double-click the **rcrack_gui.exe** file. The main window of RainbowCrack is shown in the following figure.

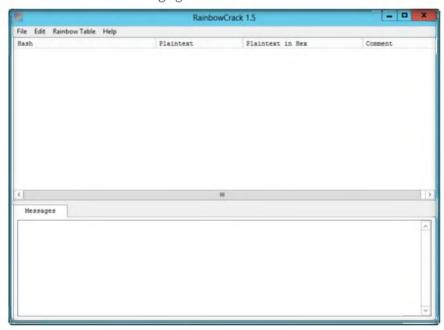
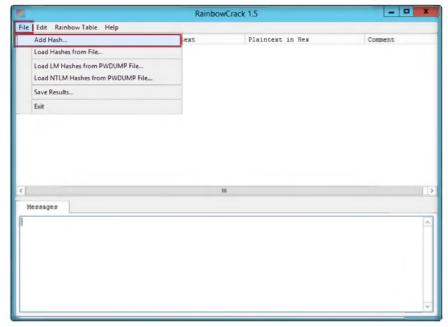


FIGURE 7.1: RainbowCrack main window

2. Click File, and then click Add Hash...



RainbowCrack for GPU is significantly faster than any non-GPU accelerated rainbow table lookup program and any straight GPU bnute forcing cracker

FIGURE 7.2: Adding Hash values

- 3. The Add Hash window appears:
 - i. Navigate to c:\hashes, and open the hashes.txt file (which is already generated using Pwdump7 located at c:\hashes.txt in the previous Lab no:5).
 - ii. Right-click, copy the hashes from hashes.txt file.
 - iii. Paste into the **Hash** field, and give the comment (optional).
 - iv. Click OK.

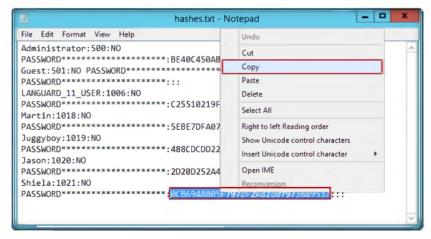


FIGURE 7.3: Selecting the hashes

RainbowCrack uses time-memory tradeoff algorithm to crack hashes. It differs from the hash crackers that use brute force algorithm Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

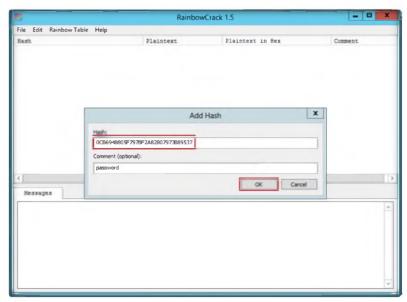
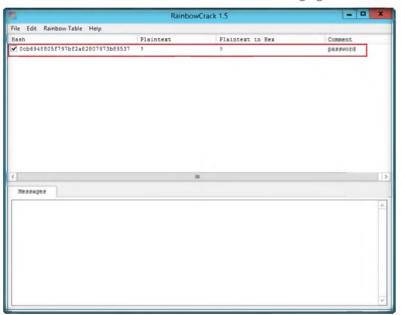


FIGURE 7.4: Adding Hashes

4. The selected **hash** is added, as shown in the following figure.



Full time-memory tradeoff tool suites, including rainbow table generation, sort, conversion and lookup

FIGURE 7.5: Added hash show in window

- 5. To add more hashes, repeat steps 2 & 3 (i,ii,iii,iv).
- 6. Added hashes are shown in the following figure.

RainbowCrack's purpose is to generate rainbow tables and not to crack passwords per-se, some organizations have endeavored to make RainbowCrack's rainbow tables available free over the internet.

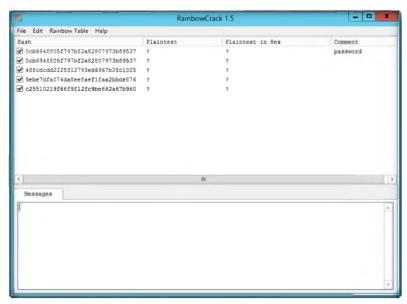


FIGURE 7.6: Added Hashes in the window

7. Click the Rainbow Table from the menu bar, and click Search Rainbow Table...

RainbowCrack for GPU software uses GPU from NVIDIA for computing, instead of CPU. By offloading computation task to GPU, the RainbowCrack for GPU software can be tens of times faster than non-GPU version.

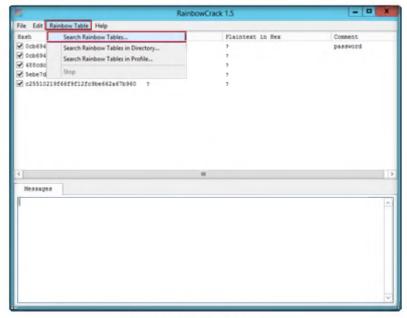
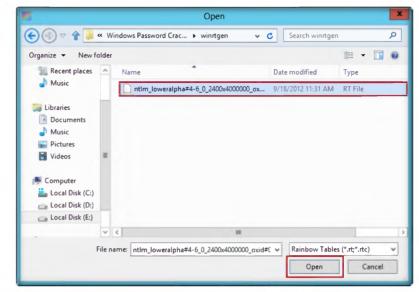


FIGURE 7.7: Added Hashes in the window

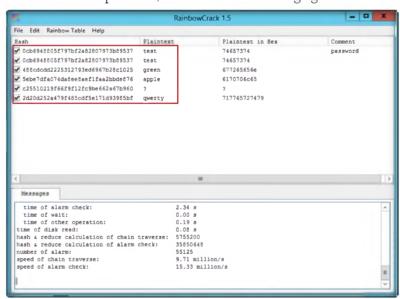
- 8. Browse the Rainbow Table that is already generated in the previous lab, which is located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Rainbow Table Creation Tools\Winrtgen.
- 9. Click Open.



A time-memory tradeoff hash cracker need a pre-computation stage, at the time all plaintext/hash pairs within the selected hash algorithm, charset, plaintext length are computed and results are stored in files called rainbow table

FIGURE 7.8: Added Hashes in the window

10. It will crack the password, as shown in the following figure.



RainbowCrack focus on the development of optimized time-memory tradeoff implementation, and generation of large rainbow tables.

FIGURE 7.9: Added Hashes in the window

Lab Analysis

Analyze and document the results related to the lab exercise.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
RainbowCrack	Hashes: Administrator Guest Languard Martin Juggyboy Jason Shiela
	Password Cracked: test test green apple qwerty

Questions

1. What kind of hashes does RainbowCrack support?

Internet Connection Required	
☐ Yes	☑ No
Platform Supported	
☑ Classroom	☑ iLabs



Extracting Administrator Passwords Using L0phtCrack

LOphtCrack is packed with powerful features, such as scheduling, hash extraction from 64-bit Windows versions, multiprocessor algorithms, and network monitoring and decoding. It can import and crack UNIX password files and remote Windows machines.



Lab Scenario



Workbook review

Since security and compliance are high priorities for most organizations, attacks on a company or organization's computer systems take many different forms, such as spoofing, smurfing, and other types of denial-of-service (DoS) attacks. These attacks are designed to harm or interrupt the use of your operational systems.

Password cracking is a term used to describe the penetration of a network, system, or resource with or without the use of tools to unlock a resource that has been secured with a password. In this lab we will look at what password cracking is, why attackers do it, how they achieve their goals, and what you can do to do to protect yourself. Through an examination of several scenarios, in this lab we describe some of the techniques they deploy and the tools that aid them in their assaults and how password crackers work both internally and externally to violate a company's infrastructure.

In order to be an expert ethical hacker and penetration tester, you must understand how to crack administrator passwords. In this lab we crack the system user accounts using LOphtCrack.

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

Lab Objectives

The lab teaches you how to:

- Use the LOphtCrack tool
- Crack administrator passwords

Lab Environment

To carry out the lab you need:

- LOphtCrack tool located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Password Cracking Tools\L0phtCrack
- Run this tool on **Windows Server 2012** (host machine)
- You can also download the latest version of LOphtCrack from the link http://www.l0phtcrack.com
- Administrative privileges to run tools
- Follow wizard driven installation instructions
- TCP/IP settings correctly configured and an accessible DNS server
- This tool requires the user to register or you can also use the evaluation version for a limited period of time

Lab Duration

Time: 10 Minutes

Overview of L0phtCrack

LOphtCrack provides a scoring metric to quickly assess password quality. Passwords are measured against current industry best practices and are rated as Strong, Medium, Weak, or Fail.

Lab Tasks

Cracking

Administrator Password

TASK 1

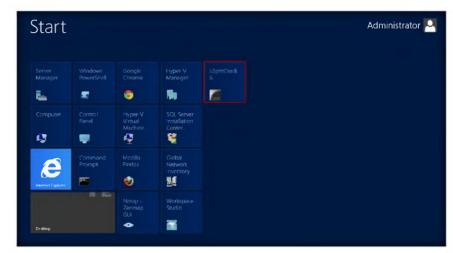
1. Launch the **Start** menu by hovering the mouse cursor to the lower left most corner of the desktop.



FIGURE 8.1: Windows Server 2012 - Desktop view

2. Click the LOphtCrack6 app to open the LOphtCrack6 window.

You can also download the L0phtCrack http://www.l0phtcrack. com.



LOphtCrack supports pre-computed password hashes.

FIGURE 8.2: Windows Server 2012 - Apps

3. Launch LOphtCrack, and in the LOphtCrack Wizard, click Next.



L0phtCrack can also cracks UNIX password files.

FIGURE 8.3: Welcome screen of the L0phtCrack Wizard

4. Choose Retrieve from the local machine in the Get Encrypted Passwords wizard and click Next.



FIGURE 8.4: Selecting the password from the local machine

5. Choose Strong Password Audit from the Choose Auditing Method wizard and click Next.

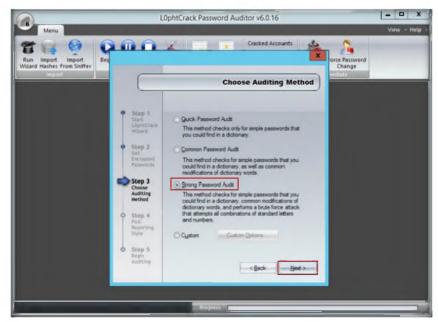
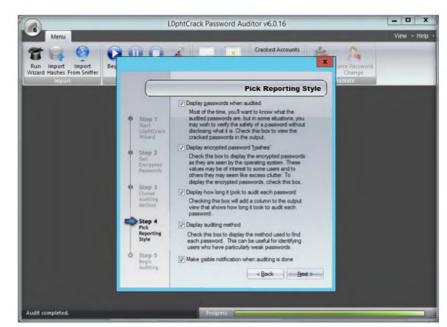


FIGURE 8.5: Choose a strong password audit

- 6. In Pick Reporting Style, select all Display encrypted password hashes.
- 7. Click Next.

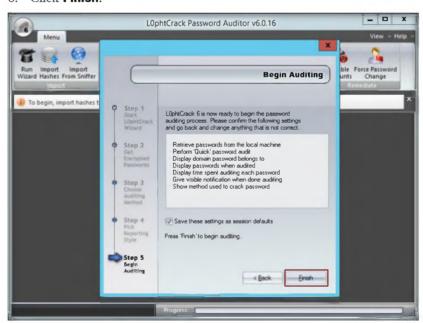
LOphtCrack has a built-in ability to import passwords from remote Windows, including 64-bit versions of Vista, Windows 7, and UNIX machines, without requiring a third-party utility.



LOphtCrack offers remediation assistance to system administrators.

FIGURE 8.6: Pick Reporting Style

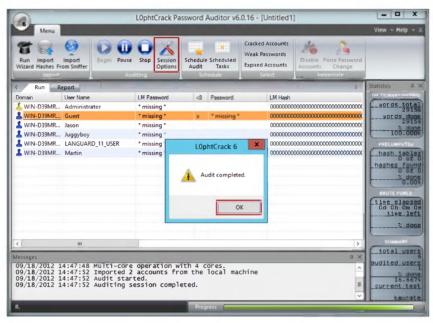
8. Click Finish.



LOphtCrack has realtime reporting that is displayed in a separate, tabbed interface.

FIGURE 8.7: Begin Auditing

- 9. LOpntcrack6 shows an Audit Completed message, Click OK.
- 10. Click Session options from the menu bar.



LophtCrack uses Dictionary, Hybrid, Recomputed, and Brute Force Password auditing methods.

FIGURE 8.8: Selecting Session options

- 11. Auditing options For This Session window appears:
 - Select the Enabled, Crack NTLM Passwords check boxes in Dictionary Crack.
 - ii. Select the Enabled, Crack NTLM Passwords check boxes in Dictionary/Brute Hybrid Crack.
 - iii. Select the Enabled, Crack NTLM Passwords check boxes in Brute Force Crack.
- iv. Select the **Enable Brute Force Minimum Character Count** check box.
- v. Select the **Enable Brute Force Maximum Character Count** check box.
- 12. Click OK.

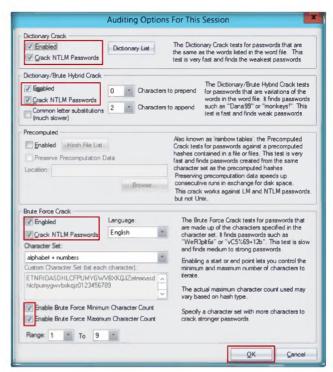


FIGURE 8.9: Selecting the auditing options

- 13. Click **Begin** from the menu bar. L0phtCrack cracks the administrator password.
- 14. A **report** is generated with the cracked passwords.

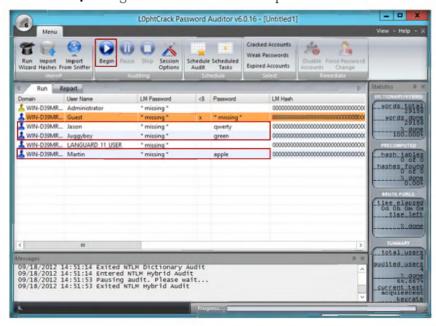


FIGURE 8.10: Generated cracked Password

Lab Analysis

Document all the results and reports gathered during the lab.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
LOphtCrack	User Names: Administrator Guest Jason Juggyboy LANGUARD_11_USER Martin
	Password Found:

Questions

- 1. What are the alternatives to crack administrator passwords?
- 2. Why is a brute force attack used in the L0phtCrack tool?

Internet Connection Required	
☐ Yes	☑ No
Platform Supported	
☑ Classroom	☑ iLabs



Password Cracking Using Ophcrack

Ophcrack is a free open source (GPL licensed) program that cracks Windows passwords by using LM hashes through rainbow tables.

ICON KEY









Lab Scenario

In a security system that allows people to choose their own passwords, those people tend to choose passwords that can be easily guessed. This weakness exists in practically all widely used systems instead of forcing users to choose well-chosen secrets that are likely to be difficult to remember. The basic idea is to ensure that data available to the attacker is sufficiently unpredictable to prevent an off-line verification of whether a guess is successful or not; we examine common forms of guessing attacks, password cracking utilities to develop examples of cryptographic protocols that are immune to such attacks. Poorly chosen passwords are vulnerable to attacks based upon copying information. In order to be an expert ethical hacker and penetration tester, you must understand how to crack the weak administrator or system user account password using password cracking tools. In this lab we show you how to crack system user accounts using Ophcrack.

Lab Objectives

The objective of this lab is to help students learn:

- Use the OphCrack tool
- Crack administrator passwords

Lab Environment

To carry out the lab, you need:

- OphCrack tool located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Password Cracking Tools\Ophcrack
- Run this tool on Windows Server 2012 (Host Machine)
- You can also download the latest version of LOphtCrack from the link http://ophcrack.sourceforge.net/

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

- Administrative privileges to run tools
- Follow the wizard-driven installation instructions

Lab Duration

Time: 15 Minutes

Overview of OphCrack

Rambow tables for LM hashes of alphanumeric passwords are provided for free by developers. By default, OphCrack is bundled with tables that allow it to crack passwords no longer than 14 characters using only alphanumeric characters.

Lab Task

1. Launch the **Start** menu by hovering the mouse cursor on the lower-left corner of the desktop.



FIGURE 9.1: Windows Server 2012 - Desktop view

2. Click the OphCrack app to open the OphCrack window.

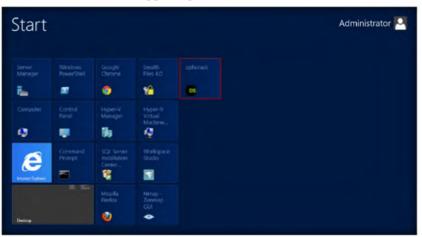


FIGURE 9.2: Windows Server 2012 - Apps

3. The OphCrack main window appears.



Cracking the Password

download the 0phCrack from http://ophcrack.sourceforg e.net.

You can also

Rainbow tables for LM hashes of alphanumeric passwords are provided for free by the developers

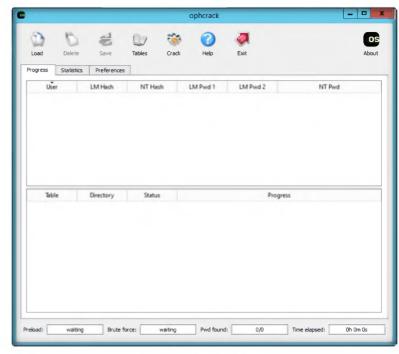


FIGURE 9.3: OphCrack Main window

4. Click Load, and then click PWDUMP file.

Single hash PWDUMP file LM Pwd 1 LM Pwd 2 C Ophcrack is Encrypted SAM Local SAM with samdump2 bundled with Local SAM with pwdump6 tables that allows Remote SAM characters

Brute force:

it to crack passwords no longer than 14 characters using only alphanumeric

Fig 9.4: Selecting PWDUMP file

5. Browse the PWDUMP file that is already generated by using PWDUMP7 in the previous lab no:5 (located at c:\hashes.txt).

Pwd found:

6. Click Open.

os

Oh Om Os

NT Pwd

Ophcrack is also available as Live CD distributions which automate the retrieval, decryption, and cracking of passwords from a Windows

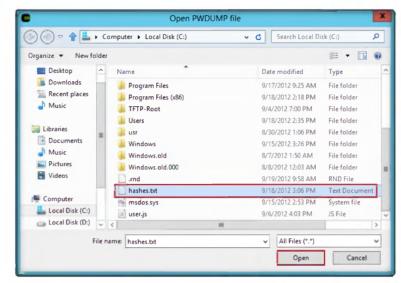
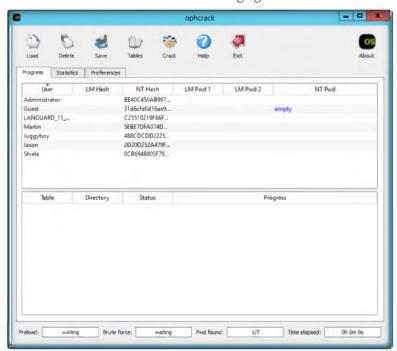


FIGURE 9.5 import the hashes from PWDUMP file

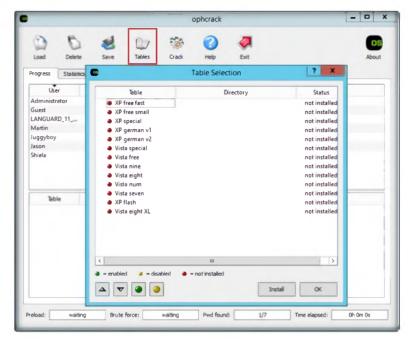
7. Loaded hashes are shown in the following figure.



Cophcrack Cracks
LM and NTLM
Windows hashes

FIGURE 9.6 Hashes are added

8. Click **Table**. The **Table Selection** window will appear as shown in the following figure.



Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

FIGURE 9.7: selecting the Rainbow table

Note: You can download the free XP Rambow Table, Vista Rambow Tables from http://ophcrack.sourceforge.net/tables.php

9. Select Vista free, and click Install.

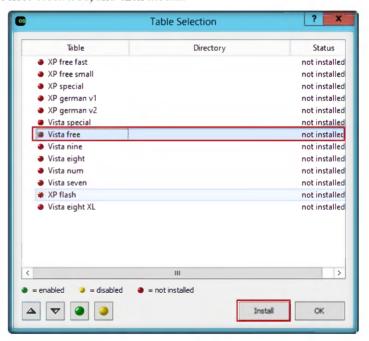


FIGURE 9.8: Installing vista free rainbow table

- The Browse For Folder window appears; select the the table_vista_free folder (which is already download and kept at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Password Cracking Tools\Ophcrack)
- 11. Click OK.



Ophcrack Free tables available for Windows XP, Vista and 7

12. The selected **table_vista_free** is installed,; it shows a **green** color ball which means it is enabled. Click **OK**.

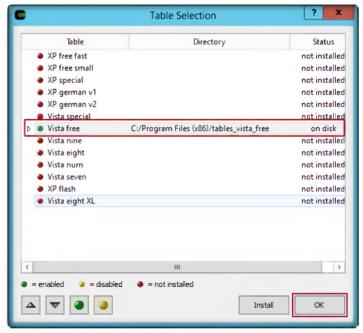


FIGURE 9.9: vista free rainbow table installed successfully

13. Click Crack; it will crack the password as shown in the following figure.

This is necessary if the generation of the LM hash is disabled (this is default for Windows Vista), or if the password is longer than 14 characters (in which case the LM hash is not stored).

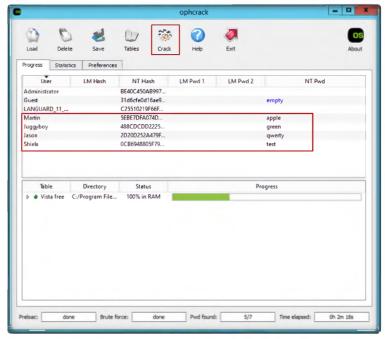


FIGURE 9.10: passwords are cracked

Lab Analysis

Analyze and document the results related to the lab exercise.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
OphCrack	User Names: Administrator Guest LANGUARD_11_USER Martin Juggyboy Jason Sheiela Rainbow Table Used: Vista free
	Password Found: apple green qwerty test

Questions

1. What are the alternatives to cracking administrator passwords?

Internet Connection Required	
□ Yes	☑ No
Platform Supported	
☑ Classroom	☑ iLabs



System Monitoring Using RemoteExec

System hacking is the science of testing computers and networks for vulnerabilities and plugging.

Valuable information Test your

Lab Scenario

To be an expert ethical hacker and penetration tester, you must have sound knowledge of footprinting, scanning, and enumeration. This process requires an active connection to the machine being attacked. A hacker enumerates applications and banners in addition to identifying user accounts and shared resources.

You should also have knowledge of gaining access, escalating privileges, executing applications, hiding files, and covering tracks.

Web exercise Workbook review

knowledge

Lab Objectives

The objective of this lab is to help students to learn how to:

- Modify/Add/Delete registry keys and or values
- Install service packs, patches, and hotfixes
- Copy folders and files
- Run programs, scripts, and applications
- Deploy Windows Installer packages in silent mode

Lab Environment

To carry out the lab, you need:

- Remote Exec Tool located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Executing Applications Tools\RemoteExec
- Windows Server 2008 running on the Virtual machine
- Follow the Wizard Driven Installation steps

- You can also download the latest version of RemoteExec from the link http://www.isdecisions.com/en
- If you decide to download the latest version, then screenshots shown in the lab might differ
- Administrative privileges to run tools

Lab Duration

Time: 10 Minutes

Overview of RemoteExec

RemoteExec, the universal deployer for Microsoft Windows systems, allows network administrators to run tasks remotely.

Lab Task

TASK 1

Monitoring System

System Requirements:

Target computers can have any of these operating systems: Microsoft Windows 2003/2008 (No Service Pack is required); an administration console with Microsoft Windows 2003/2008 Service Pack 6, IE5 or more.

1. Install and launch RemoteExec.

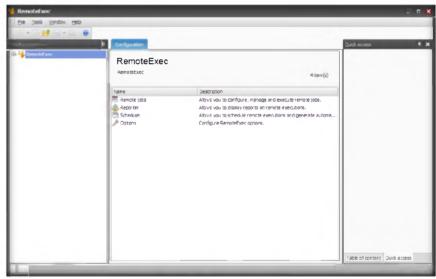


FIGURE 10.1: RemoteExec main window

2. To configure executing a file, double-click Remote jobs.

RemoteExec considerably simplifies and accelerates all install and update tasks on a local or wide area network (WAN) as well as on remote machines.

Remote execution requirements: The account running RemoteExec needs administrative rights on target computers.
Microsoft file and printer sharing (SMB TCP 445) and ICMP (ping) should be enabled. These protocols also need to be allowed in any firewall between the administration console and target computers.

Configure files to be generated: You see that the report has been added after the installation of Acrobat Reader in the scheduled tasks. A new section, "Document generation," is available to specify the output files. Select a PDF file to be generated in an existing folder. Make sure that the account running the task has write access to this folder.

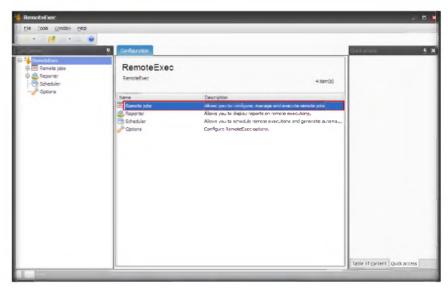


FIGURE 10.2: RemoteExec configuring Remote jobs

3. To execute a **New Remote job**, double-click the **New Remote job** option that **configures** and **executes** a new remote job.

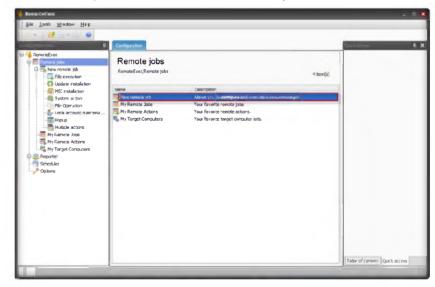


FIGURE 10.3: RemoteExec configuring New Remote job

- 4. In a **New Remote job** configuration you can view different categories to work remotely.
- 5. Here as an example: we are executing the file execution option. To execute double-click **File Execution**.

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

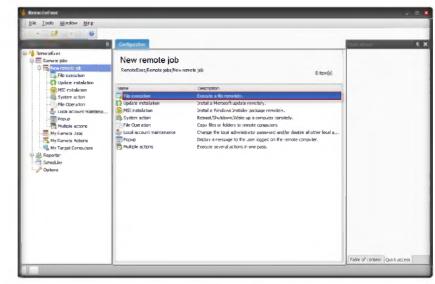


FIGURE 10.4: RemoteExec configuring File Execution

6. In the File execution settings, browse the executable file, select Interactive from drop-down list of Context, and check the Auto option.

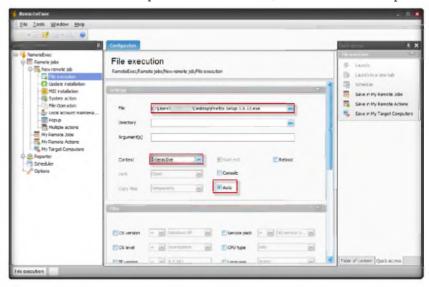


FIGURE 10.5: RemoteExec File execution settings

- 7. Configuring the Filter Section:
 - a. For the **OS version**, select **=** from the drop-down menu and specify the operating system.
 - b. For the **OS level**, select = from the drop-down menu and select **Workstation**.
 - For the IE version, select >= from the drop-down menu and specify the IE version.

Note: Using

RemoteExec, you can: Install patches, service packs, and hotfixes Deploy Windows Installer packages in silent mode Run applications, programs, and scripts Copy files and folders

Automated reports: You may want to get all these reports automatically by email each time a scheduled attempt has been done. To do this, follow the steps below

d. For the **Service Pack**, select **=** from the drop-down menu and specify the service pack version.

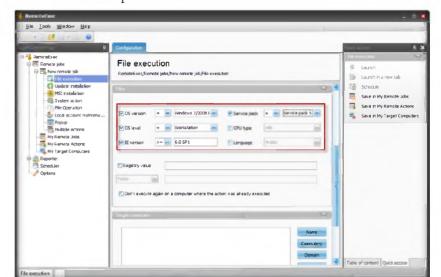


FIGURE 10.6: RemoteExec Filter tab

8. Selecting a **Target Computer:** Enter the target computer name manually by selecting **Name** from the drop-down list and clicking **OK**.

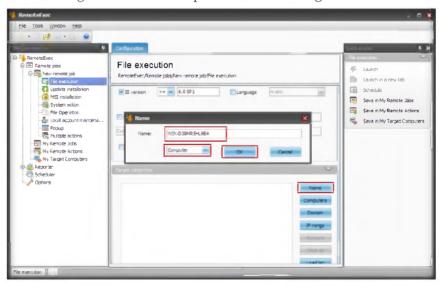


FIGURE 10.7: RemoteExec Add/Edit a computer

9. To execute the defined action on the remote computer, click the **Launch** option in the right pane of the window.

Once installed, RemoteExec and its documentation are accessible through the Windows Start menu. By default, RemoteExec is installed in evaluation mode.

The remote job was automatically set with the filter option, "Don't execute again on a computer where the action was already executed." So, even if several execution attempts have been scheduled, the installation of Acrobat Reader is executed only once on each computer.

Configure the report you want to generate automatically as if you wanted to display it. When you schedule a report, if you select the latest execution, the report is always generated for the latest execution.

Schedule the report:
To configure schedule
report, click on Schedule in
the toolbar and, when
prompted select the task
that has been created
previously to install
Acrobat Reader.

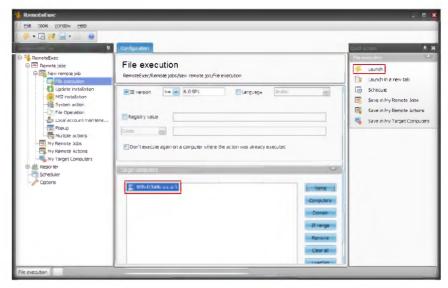


FIGURE 10.8: RemoteExec executing the defined action

Lab Analysis

☑ Classroom

Analyze and document the results related to the lab exercise.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved	
RemoteExec	File to Execute: Firefox setup 3.6.13.exe	
	Computer Name: WIN-D39MRSHL9E4	
Internet Connectio	n Required	
Internet Connectio	n Required No	

☑ iLabs



Hiding Data Using Snow Steganography

Snow is used to conceal messages in ASCII text by appending whitespace to the end of lines. Because spaces and tabs are generally not visible in text viewers, the message is effectively hidden from casual observers. And if the built-in encryption is used, the message cannot be read even if it is detected.

Lab Scenario

Network steganography describes all the methods used for transmitting data over a network without it being detected. Several methods for hiding data in a network have been proposed, but the main drawback of most of them is that they do not offer a secondary layer of protection. If steganography is detected, the data is in plaintext. To be an expert ethical hacker and penetration tester, you must have sound knowledge of footprinting, scanning, and enumeration. This process requires an active connection to the machine being attacked.

Lab Objectives

The objective of this lab is to help students learn:

- Using Snow steganography to hide files and data
- Hiding files using spaces and tabs

Lab Environment

To carry out the lab, you need:

- Snow located at D:\CEH-Tools\CEHv8 Module 05 System
 Hacking\Steganography\Whitespace Steganography\SNOW
- Run this tool on Windows Server 2012
- You can also download the latest version of Snow from the link http://www.darkside.com.au/snow/
- If you decide to download the latest version, then screenshots shown in the lab might differ



Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

Lab Duration

Time: 10 Minutes

Overview of Snow

Snow exploits the steganographic nature of whitespace. Locating trailing whitespace in text is like finding a polar bear in a snowstorm. It uses the ICE encryption algorithm, so the name is thematically consistent.

Lab Task

- 1. Open a command prompt and navigate to D:\CEH-Tool\CEHv8 module 05 system hacking\steganography\white space steganography\snow
- 2. Open Notepad and type **Hello World!** and then press enter and press the Hyphen key to draw a line below it.
- 3. Save the file as readme.txt.



FIGURE 11.1: Contents of readme.txt

4. Type this command in the command shell: **readme2.txt**. It is the name of another that will be created automatically.

snow -C -m "My swiss bank account number is 45656684512263" - p "magic" readme.txt readme2.txt(magic is the password, you can type your desired password also)

The encryption algorithm built in to snow is ICE, a 64-bit block cipher also designed by the author of snow. It runs in 1-bit cipher-feedback (CFB) mode, which although inefficient (requiring a full 64-bit encryption for each bit of output),

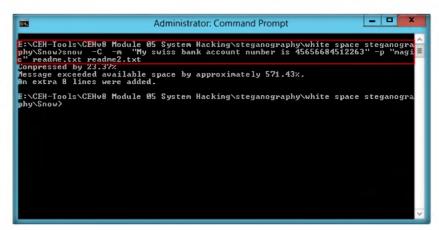


FIGURE 11.2: Hiding Contents of readme.txt and the text in the readme2.txt file

- 5. Now the data ("My Swiss bank account number is 45656684512263") is hidden inside the readme2.txt file with the contents of readme.txt.
- 6. The contents of readme2.txt are readme.txt + My Swiss bank account number is 45656684512263.
- 7. Now type **snow -C -p "magic" Readme2.txt**; this will show the contents of readme.txt.(magic is the password which was entered while hiding the data).

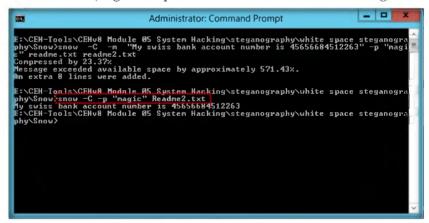
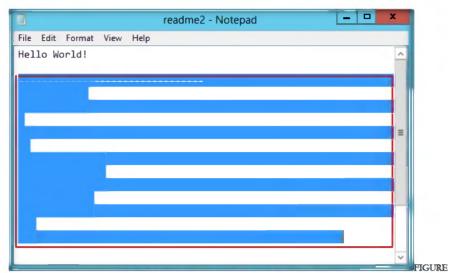


FIGURE 11.3: Revealing the hidden data of readme2.txt

8. To check the file in a GUI, open the **readme2.txt** in Notepad and select **Edit** Select all. You will see the hidden data inside readme2.txt in the form of spaces and tabs.

If you want to compress a long message, or one not containing standard text, you would be better off compressing the message externally with a specialized compression program, and bypassing snow's optional compression step. This usually results in a better compression ratio.



11.4: Contents of readme2.txt revealed with select all option

Lab Analysis

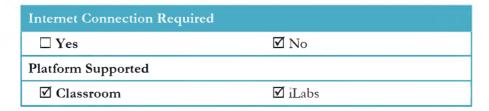
Analyze and document the results related to the lab exercise.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
Snow Steganography	Output: You will see the hidden data inside Notepad

Lab Questions

- 1. How would you hide the data of files with secret data in other files?
- 2. Which encryption is used in Snow?





Viewing, Enabling, and Clearing the Audit Policies Using Auditpol

Anditpol is a command in Windows Server 2012, Windows Server 2008, and Windows Server 2003 and is required for querying or configuring an audit policy at the subcategory level.

ICON KEY

Lab Scenario

To be an expert ethical hacker and penetration tester, you must have sound knowledge of footprinting, scanning, and enumeration. This process requires an active connection to the machine being attacked. A hacker enumerates applications and banners in addition to identifying user accounts and shared resources.

You should also have knowledge on gaining access, escalating privileges, executing applications, hiding files, and covering tracks.

Lab Objectives

The objective of this lab is to help students learn:

How to set audit policies

Lab Environment

To carry out the lab, you need:

- Auditpol is a built-in command in Windows Server 2012
- You can see the more audit commands from the following link: http://technet.microsoft.com/enus/library/cc731451%28v=ws.10%29.aspx for Windows Server 2012
- Run this on Windows Server 2012

Lab Duration

Time: 10 Minutes



Tools

available in

D:\CEH-Tools\CEHv8

Hacking

demonstrated in this lab are

Module 05 System

Overview of Auditpol

Auditool displays information on performance and functions to **manipulate** audit policies.

Lab Task

/get Displays the current audit policy.

- 1. Select Start → Command Prompt.
- 2. **Administrator:** A command prompt will appears as shown in the following figure.



FIGURE 12.1: Administrator: Command Prompt in windows server 2012

To view all the audit policies, type the following command in the command prompt:

auditpol/get/category:*

4. Press Enter.

/set Sets the audit policy.

/list Displays selectable policy elements.

/backup Saves the audit policy to

/restore Restores the audit policy from a file that was previously created by using auditpol /backup.

/clear Clears the audit policy.

/remove Removes all per-user audit policy settings and disables all system audit policy settings.

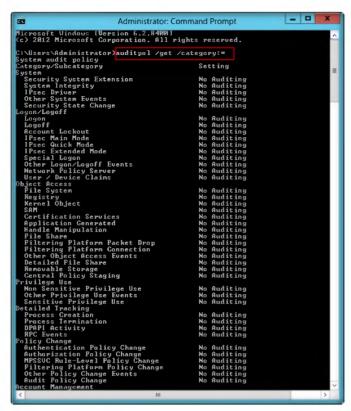


FIGURE 12.2: Auditpol viewing the policies

To enable the audit policies, type the following command in the command prompt:

auditpol /set /category:"system","account logon" /success:enable /failure:enable

6. Press Enter.

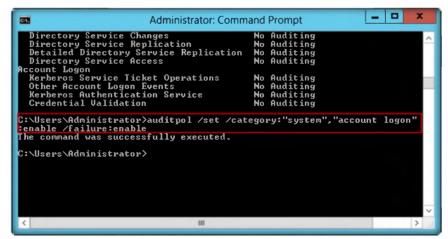


FIGURE 12.3: Auditpol Local Security Policies in Windows Server 2012

/resourceSACL Configures global

resource system access control lists (SACLs).

- 7. To check if audit policies are enabled, type the following command in the command prompt auditpol/get/category:*
- 8. Press Enter.

```
Auditpol /get
[/user[:<usemame>|<{sid}>]]
[/category:*|<name>|<{guid}>[::<name|<{guid}>...]]
[/subcategory:*|<name>|<{guid}>[::<name|<{guid}>...]]
[/subcategory:*|<name>|
[/subcategory:*|<name|<{guid}>...]]
[/option:<option name>]
[/sd]
[/r]
```

Auditpol /set [/user[:<username>| <{sid }>][/include][/exclude]] [/category:<name>|<{gui d}>[,:<name|<{guid}>... [/success:<enable>|<disa ble>][/failure:<enable>|< disable>] [/subcategory:<name>|<{ guid}>[,:<name|<{guid}> ...]] [/success:<enable>|<disa ble>][/failure:<enable>|< disable>] [/option:<option name> <enable>| <disable>|

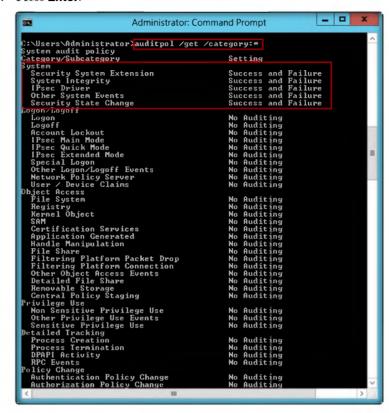
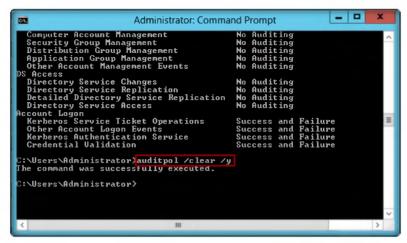


FIGURE 12.4: Auditpol enabling system and account logon policies

9. To **clear** the audit policies, type the following command in the command prompt:

auditpol /clear /y

10. Press Enter.



auditpol /list
[/user|/category|subcateg
ory[:<categoryname>|<{g
uid}>|*]]
[/v] [/r]

FIGURE 12.5: Auditpol cleaning the policies

11. To check if the audit policies are cleared, type the following command in the command prompt:

auditpol/get/category:*

12. Press Enter.

```
C:\Users\Administrator\auditpol\/get\/category\*\

Users\Administrator\auditpol\/get\/category\*\

Users\Administrator\auditpol\/get\/category\*\

Users\Administrator\auditpol\/get\/category\*\

Users\Categor\Subactegor\

Setting

No Auditing

No Auditing

No Auditing

No Auditing

Logoff

Account Lockout

IPsec Hain Mode

IPsec Quick Mode

IPsec Quick Mode

IPsec Extended Mode

IPsec IPsec
```

FIGURE 12.6: Auditpol cleaning the audit policies

Auditpol /set
[/user[:<username>| <{sid}
}>][/include][/exclude]]
[/category:<name>| <{guid}>...
]]
[/success:<enable>| <disable>][/failure:<enable>| <|
disable>]
[/subcategory:<name>| <{guid}>[:<username] <{guid}>...
]]
[/success:<enable>| <disable>]
[/subcategory:<name>| <|
guid}>[:<username] </username| </username>| </username| </username>| </username| </username>| </username>

Lab Analysis

Analyze and document the results related to the lab exercise.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
AuditPol	Result open Auditpol Category: System Account Logon

Questions

- 1. How do you configure global resource SACLs using Auditpol?
- 2. Evaluate a report or backup an audit policy to a comma separated value (CSV) text file.

Internet Connection Required	
☐ Yes	☑ No
Platform Supported	
☑ Classroom	☑ iLabs



Password Recovery Using CHNTPW.ISO

CHNTPW.ISO is a password recovery tool that runs on Windows Server 2003, Windows Server 2008, and Windows 7 Virtual Machine.

ICON KEY









Lab Scenario

Nowadays, attacking the password is one of the most straightforward hacking attacks. Passwords are the most common access control method used by system administers to manage the usage of network resources and applications. There are numerous feasible methods to crack passwords. To be an expert ethical hacker and penetration tester, you must have sound knowledge of footprinting, scanning, and enumeration. This process requires an active connection to the machine being attacked. A hacker enumerates applications and banners in addition to identifying user accounts and shared resources.

In this lab, we show you how to erase or recover an admin password using CHNTPW.ISO.

Lab Objectives

The objective of this lab is to help students learn:

Recovering the Password of Windows Server 2008

Lab Environment

To carry out the lab, you need:

- CHNTPW.ISO located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Password Recovery Tools\CHNTPW.ISO\cd110511
- CHNTPW.ISO is tool to recover/erase the administrator passwords for Windows Server 2008
- A computer running with Windows Server 2008 as Virtual Machine

Lab Duration

Time: 15 Minutes

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

Overview of CHNTPW.ISO

CHNTPWISO is an offline NT password and registry editor, boot disk/CD.

Lab Task

- Start Hyper-V Manager by selecting Start → Hyper-V Manager.
- 2. Before starting this lab make sure that **Windows Server 2008** Virtual Machine is shut down.
- 3. Now select **Windows Server 2008** Virtual Machine and click **Settings** in the right pane of Hyper-V..

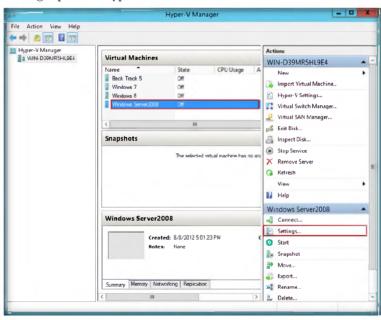


FIGURE 13.1: CHNTPW.ISO Windows Server 2008 settings

- 4. Select **DVD** drive from **IDE** controller in the left pane of **Settings** for Windows Server 2008.
- 5. Check the Image file option and browse for the location of CHNTPW.ISO, and select Apply>OK.

Offline NT Password & Registry Editor can delete any password from nearly any installation of Windows almost instantly.

© Offline NT Password & Registry Editor simply deletes passwords instead of displaying them making it fast and easy to use.

Windows is required making this program an easy alternative to many other password recovery tools.

Offline NT Password & Registry Editor is completely free to download and use.

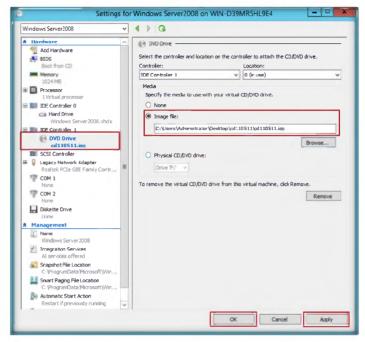


FIGURE 13.2: CHNTPW.ISO Windows Server 2008 settings

Tool will also remove passwords from 64-bit versions of Windows Operating Systems. 6. Now go to Hyper-V Manager and right-click **Windows Server 2008**, and select **Connect** to start Windows Server 2008 Virtual Machine.

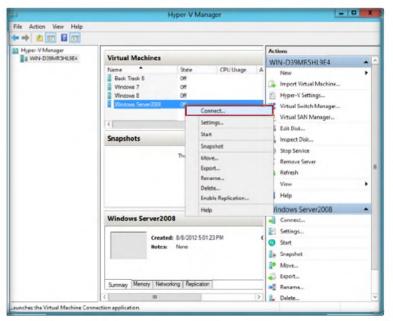


FIGURE 13.3: CHNTPW.ISO Connecting to Windows Server 2008

7. Click the Start Dutton; Windows Server 2008 will start.

€ Offline NT Password & Registry Editor works with all popular Windows versions including Windows 7 and more.

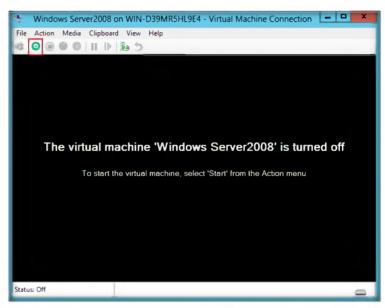


FIGURE 13.4: starting windows server 2008 O/S

- 8. After booting, Window will prompt you with: Step one: Select disk where the Windows installation is
- 9. Press Enter.

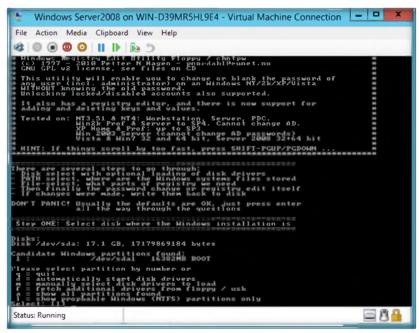
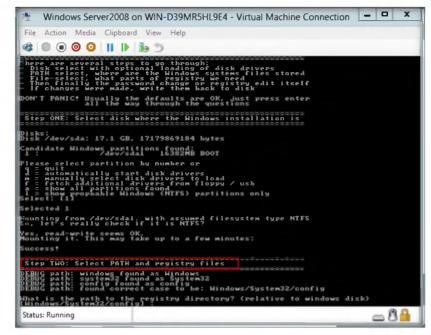


FIGURE 13.5: CHNTPW.ISO Step One

10. Now you will see: Step TWO: Select PATH and registry files; press Enter.

II It works offline, that is, you have to shut down your computer and boot off a floppydisk or CD or another system.



This is a utility to (re)set the password of any user that has a valid (local) account on your NT system.

FIGURE 13.6: CHNTPW.ISO Step Two

11. Select which part of the registry to load, use predefined choices, or list the files with space as delimiter, and then press **Enter**.

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

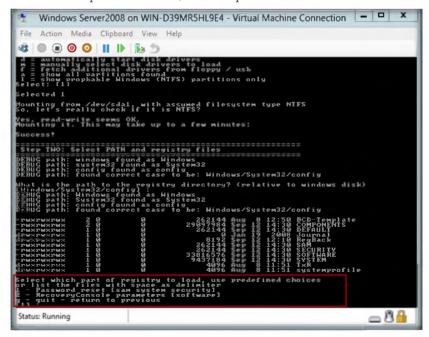


FIGURE 13.7: CHNTPW.ISO loading registry request

12. When you see: **Step THREE: Password or registry edit**, type yes (**y**), and press **Enter**.

☐ It works offline, that is, you have to shutdown your computer and boot off a floppydisk or CD. The bootdisk includes stuff to access NTFS and FAT/FAT32 partitions and scripts to glue the whole thing together.

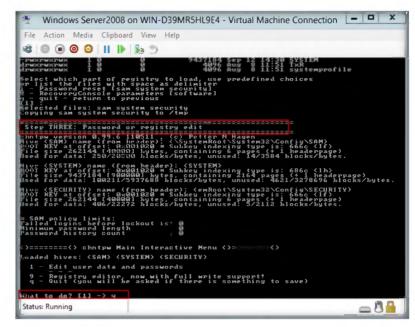


FIGURE 13.8: CHNTPW.ISO Step Three

- 13. Loaded hives: <SAM><system><SECURITY>
 - 1 Edit user data and passwords
 - 9 Registry editor, now with full write support!
 - Q Quit (you will be asked if there is something to save)
 - In What to do? the default selected option will be [1]. Press Enter.

CEH-Tools is also Mapped in Virtual Machine as Network Drive Z:

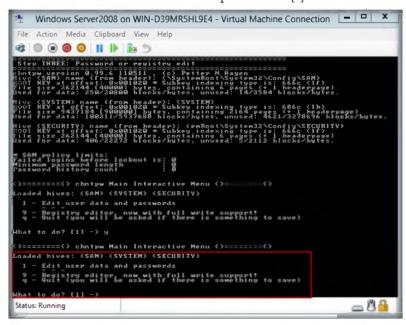


FIGURE 13.9: CHNTPW.ISO loading hives

14. In **chntpw Edit User Info & Passwords**, press **Enter** to enter the user name to change

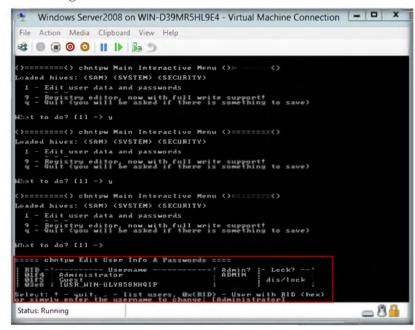


FIGURE 13.10: CHNTPW.ISO chntpw Edit User Info & Passwords

☐ Disable your software firewall (Norton Internet Security is often the culprit).

NT stores its user information, including

crypted versions of the

'sam', usually found in

passwords, in a file called

\winnt\system32\config.
This file is a part of the registry, in a binary format

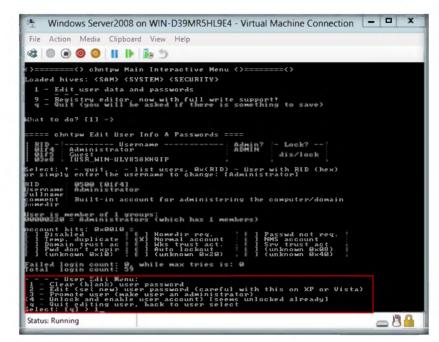
previously undocumented,

and not easily accessible.

15. In the User Edit Menu:

- 1 Clear (blank) user password
- 2 Edit (set new) user password (careful with this on XP or Vista)
- 3 Promote user (make user an administrator)
- 4 Unlock and enable user account [seems unlocked already]
- q Quit editing user, back to user select

The default option, Quit [q], is selected. Type 1 and press Enter.



Disable all "download accelerator" programs; they will more than likely corrupt your download.

FIGURE 13.11: CHNTPWJSO User Edit Menu

16. Type ! after clearing the password of the user account, and press Enter.

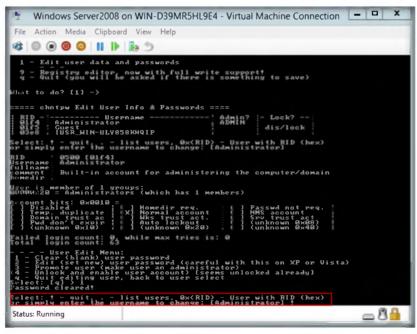


FIGURE 13.12: CHNTPW ISO Password Cleared

- 17. Load hives: <SAM><system><SECURITY>
 - 1 Edit user data and passwords
 - 9 Registry editor, now with full write support!

Q – Quit (you will be asked if there is something to save)

In What to do?, the default selected option will be [1]. Type quit (q), and press Enter.

☐ CEH-Tools is also Mapped in Virtual Machine as Network Drive Z:

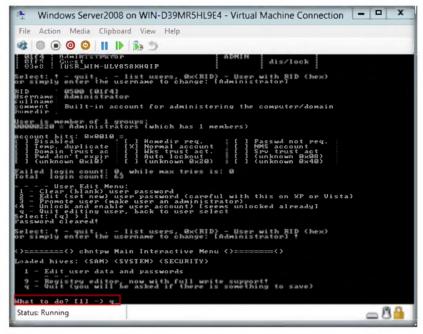


FIGURE 13.13: CHNTPW ISO loading hives Quit option

18. In Step FOUR: Writing back Changes, About to write file(s) back! Do it?, here the default option will be [n]. Type yes [y] and press Enter.

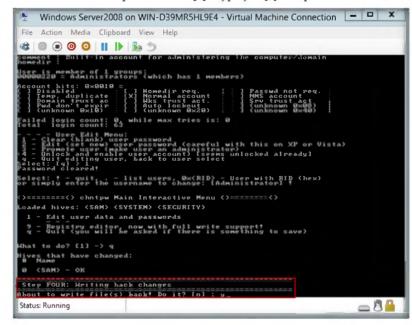
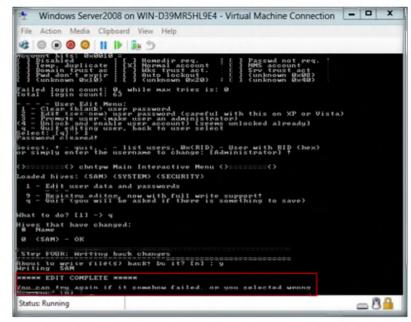


FIGURE 13.14: CHNTPW.ISO Step Four

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

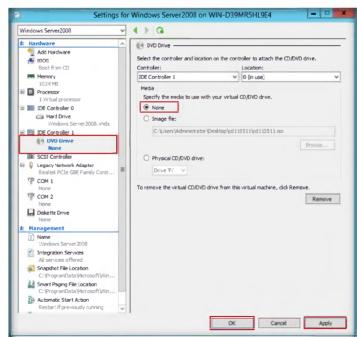
19. The edit is completed.



It works offline, that is, you have to shutdown your computer and boot off a floppydisk or CD or another system.

FIGURE 13.15: CHNTPW.ISO Edit Completed

- 20. Now turn off the Windows Server 2008 Virtual Machine.
- 21. Open Hyper-V Manager settings of Windows Server 2008 and change the DVD drive option to None from IDE Controller 1 and then select click → Apply → OK.



CEH-Tools is also Mapped in Virtual Machine as Network Drive Z:

FIGURE 13.16: CHNTPW.ISO Windows Server 2008 Settings

22. Go to Windows Server 2008 Virtual Machine, and click the Start button.

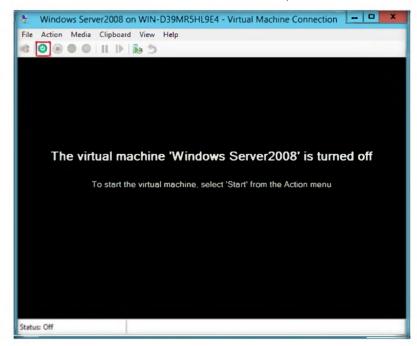


FIGURE 13.17: starting windows server 2008

23. Windows server 2008 boots without requiring any password.

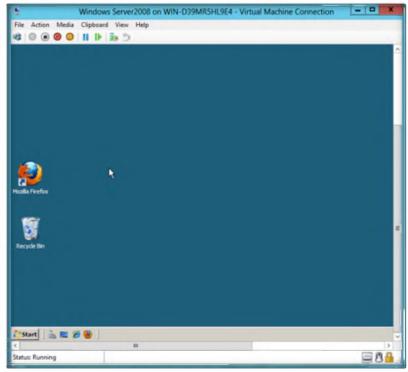


FIGURE 13.18: Windows Server 2008 Window

Lab Analysis

Analyze and document the results related to the lab exercise.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved
	Machine Name: Windows server 2008
CHNTPW.ISO	Output: Log into Windows Server 2008 without entering the user name and password

Questions

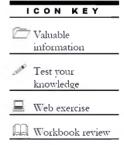
1. How do you configure CHNTPW.ISO in Windows Server 2008 Virtual Machine Settings?

Internet Connection Required	
☐ Yes	☑ No
Platform Supported	
☑ Classroom	☑ iLabs



User System Monitoring and Surveillance Needs Using Spytech SpyAgent

Spytech SpyAgent is powerful computer spy software that allows you to monitor everything users do on your computer, in total stealth. SpyAgent provides a large array of essential computer monitoring features, as well as website, application, and chat client blocking, lockdown scheduling, and remote delivery of logs via email or FTP.



Lab Scenario

Today, employees are given access to computer, telephone, and other electronic communication equipment. Email, instant messaging, global positioning systems, telephone systems, and video cameras have given employers new ways to monitor the conduct and performance of their employees. Many employees also are given laptop computer and wireless phones they can take home and use for business outside the workplace. Whether an employee can claim a reasonable expectation of privacy when using such company-supplied equipment in large part depends upon the steps the employer has made to minimize that expectation.

In this lab, we explain monitoring employee or student activity using Spytech SpyAgent.

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

Lab Objectives

The objective of this lab is to help students use Spytech and the SpyAgent tool. After completing this lab, students will be able to:

- Install and configure Spytech SpyAgent
- Monitor keystrokes typed, websites visited, and Internet Traffic Data

Lab Environment

To perform the lab, you need:

- A computer running Windows Server 2012
- Administrative privileges to install and run tools
- Run this tool in Windows Server 2012
- You can also download Spytech SpyAgent from http://www.spytech-web.com/spyagent.shtml
- If you decided to download the latest version, screenshots may differ

Lab Duration

Time: 15 Minutes

Overview of Spytech SpyAgent

SpyAgent is a powerful solution that can log all keystrokes, emails, windows, websites, applications, Internet connections, chat conversations, passwords, print jobs, documents viewed, and even screenshots. SpyAgent runs in complete stealth with optional email delivery and logging and lockdown scheduling. SpyAgent also features powerful filtering and access control features, such as Chat Blocking (to restrict access to chat software), Application Blocking (to prevent specific applications from being executed), and Website Filtering.

Lab Tasks

The basic idea in this section is to:

- 1. Navigate to D:\CEH-Tools\CEHv8 Module 05 System Hacking\Keyloggers\Spytech SpyAgent
- 2. Double-click **Setup.exe**. You will see the following window. Click **Next**.



FIGURE 14.1: Installation of Spytech SpyAgent



You can download the spytech SpyAgent from http://www.spytech-web.com

3. The **Welcome** wizard of Spytech SpyAgent setup program window appears; read the instructions and click **Next**.



FIGURE 14.2: Installation wizard of Spytech SpyAgent

4. The Important Notes window appears, read the note and click Next.



Active Mode: this option allows SpyAgent to be started in monitoring mode when it is opened no need for manually starting its monitoring

FIGURE 14.3: Installation wizard

- 5. The **Software License Agreement** window appears; you must accept the agreement to install Spytech SpyAgent.
- Click Yes to continue.

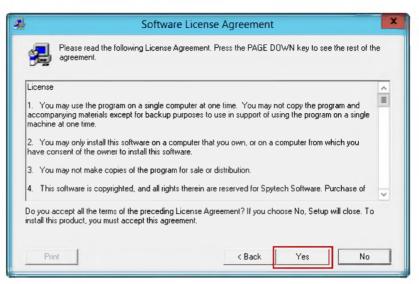


FIGURE 14.4: Select the Agreement

- 7. Choose the **Destination Location** to install Spytech SpyAgent.
- 8. Click **Next** to continue installation.



FIGURE 14.5: Selecting folder for installation

- Select SpyAgent installation type, and select Administrator/Tester the setup type.
- 10. Click Next.

Stealth Mode: this option allows SpyAgent to run in total stealth. Combined with 'Active Mode' the software will load and run in monitoring mode in complete stealth

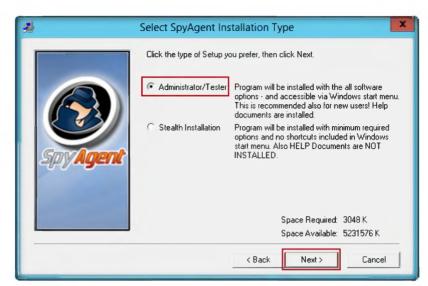


FIGURE 14.6: selecting installation type

11. The **Ready to Install** window appears. Click **Next** to start installing Spytech SpyAgent.



FIGURE 14.7: Ready to install window

12. It will prompt for include an uninstaller. Click Yes.



FIGURE 14.8: Selecting an uninstaller

Splash Warning: This option allows you to display a message to the user when SpyAgent is started. This message can be configured in the Advanced Settings > Splash Screen window 13. A Notice For Antivirus Users window appears; read the text click Next.



Log Location: this allows you to specify where you want SpyAgent to store its activity logs. For Windows NT/2000/XP systems monitoring ALL users it is recommended that the log location be set to x:\documents and settings\all users

FIGURE 14.9: Accept Antivirus notice

14. The **Finished** window appears. Click **Close** to end the setup.



FIGURE 14.10: Finish window

15. The following window appears. Click click to continue...



FIGURE 14.11: Welcome SpyAgent window

- 16. The following window appears. Enter the password in **New Password** field, and retype the same password in **Confirm** field.
- 17. Click **OK**.



FIGURE 14.12: Selecting New Password

18. The following window appears. Click click to continue...

SpyAgent can deliver its activity logs in secret to your own personal email or FTP account



FIGURE 14.13: Welcome SpyAgent window

- 19. Configuration package wizard appears. Select the **Complete + Stealth Configuration** package.
- 20. Click Next.

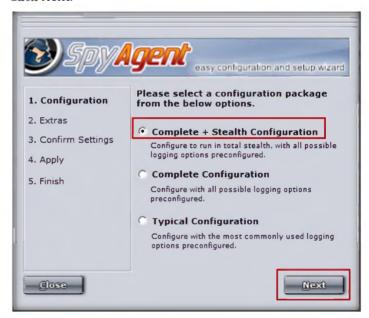


FIGURE 14.14: Selecting configuration package

- 21. Choose additional options, and select the **Display Alert on Startup** check box.
- 22. Click Next.

Internet Traffic
Data: This log ALL
incoming and outgoing
internet data transmitted
and received by users. All
email passwords, FTP
passwords, website
transmissions, etc. will be
logged by this feature



FIGURE 14.15: Selecting additional option

23. The Confirm Settings wizard appears. To continue click Next.



unique ability to allow you to have its activity logs delivered to your personal e-mail address or FTP account

SpyAgent has the

FIGURE 14.16: Confirm setting wizard

24. The Configurations Applied window appears. Click Next.



FIGURE 14.17: Configuration applied window

25. The **Configuration Finished** window appears. Click **Finish** to successfully set up SpyAgent.



FIGURE 14.18: Configuration finished window

26. The main window of Spytech SpyAgent appears, as show in the following figure. Click **Click to continue...**

SpyAgent has a built in scheduling feature that allows you to configure SpyAgent to log user activities during specific hours of the day, or to lock down your computer at certain times



FIGURE 14.19: Main window of SpyAgent

27. To check the general user activities, click Start Monitoring.



FIGURE 14.20: Start monitoing

Monitoring User

- 28. When the **Enter Access Password** window appears, enter the **password**.
- 29. Click OK.



FIGURE 14.21: Entering the password

 Stealth Notice window appears, read the instructions click OK NOTE: To bring SpyAgent out of stealth mode, press CONTROL+SHIFT+ALT+M on your keyboard.



FIGURE 14.22: Stealth mode notice

SpyAgent has a feature called SmartLogging that lets you trigger monitoring when certain events arise, instead of running constantly logging everything that users do. SmartLogging ties into the keystrokes, websites visited, applications ran, and windows used logging functions

SpyAgent allows you to save all of SpyAgent's keystrokes, websites, windows, applications, connections, clipboard, activity, print jobs, file usage, and documents logs to a specified directory at once - for easier viewing later on - or so you can clear your logs without losing data.

31. It will show the following window, with the options select **Do not** show this Help Tip again and select **Do not show Related Help Tips** like this again. Click click to continue...



FIGURE 14.23: Start monitoing

- 32. Now browse the Internet (anything). To bring spyAgent out of stealth mode press **CONTROL+SHIFT+ALT+M** on your keyboard.
- 33. It will ask for the Access Password; enter the password and click **OK**.



FIGURE 14.24: Entering the password

- 34. To check user keystrokes from the keyboard, click **Keystrokes Typed** from **General User Activities**.
- 35. It will show all the resulting keystrokes as shown in the following screenshot.

SpyAgent features a large set of reporting tools that allow you to save and prepare log data for later viewing, documentation, and printing. All reports are formatted in HTML format for viewing with your web-prowser.



FIGURE 14.25: Resulted keystrokes

- 36. To check the websites visited by the user, click **Website Visited** from **Internet Activities**.
- 37. It will show all the user visited websites results, as shown in the following screenshot.

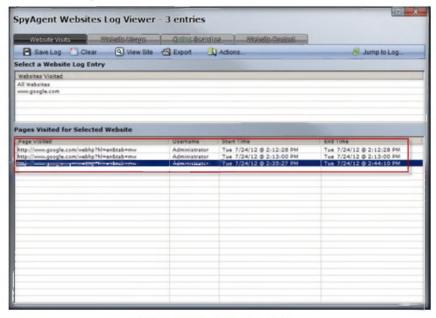


FIGURE 14.26: Result of visited websites

Lab Analysis

Analyze and document the results related to the lab exercise. Give your opinion on your target's security posture and exposure.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved	
Spytech SpyAgent	Output: Monitoring keystrokes typed Website log entries Pages visited for selected website Internet traffic data	

Internet Connection Required	
□ Yes	☑ No
Platform Supported	
☑ Classroom	☑ iLabs



Web Activity Monitoring and Recording Using Power Spy 2013

Power Spy 2013 software allows you to secretly monitor and record all activities on your computer, and this is completely legal.

Valuable information Test your

knowledge

Web exercise

Workbook review

Lab Scenario

Today, employees are given access to computers, telephones, and other electronic communication equipment. Email, instant messaging, global positioning systems, telephone systems, and video cameras have given employers new ways to monitor the conduct and performance of their employees. Many employees also are given laptop computers and wireless telephones they can take home and use for business outside the workplace. Whether an employee can claim a reasonable expectation of privacy when using such company-supplied equipment in large part depends upon the steps the employer has made to minimize that expectation.

In this lab, we explain monitoring employee or student activity using Power Spy 2013.

Lab Objectives

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

The objective of this lab is to help students use the Activity Monitor tool. After completing this lab, students will be able to:

- Install and configure Power Spy 2013
- Monitor keystrokes typed, websites visited, and Internet Traffic Data

Lab Environment

To perform the lab, you need:

- A computer running Windows Server 2012
- Administrative privileges to install and run tools
- You can also download Power Spy tool from http://ematrixsoft.com/download-power-spy-software.php

- If you decided to download latest version screenshots may differ
- Run this tool in Windows Server 2012

Lab Duration

Time: 15 Minutes

Overview of Power Spy 2013

Power Spy software records Facebook use and all keystrokes typed, and captures all chats and IMs in Windows Live Messenger (MSN Messenger), Skype, Yahoo Messenger, Tencent QQ, Google Talk, GADU-GADU, ICQ, AOL Instant Messenger (AIM), and others. It records all websites visited, emails read, documents opened, windows opened, clipboard activities, passwords typed, and applications executed.

Lab Tasks

The basic idea in this section is to:

- Navigate to D:\CEH-Tools\CEHv8 Module 05 System
 Hacking\Spywares\Email and Internet Spyware\Power Spy.
- 2. Double-click **pcspy.exe**. The **Software License Agreement** window appears. You must accept the agreement to install Power Spy.
- 3. Click Next in the License Agreement wizard.

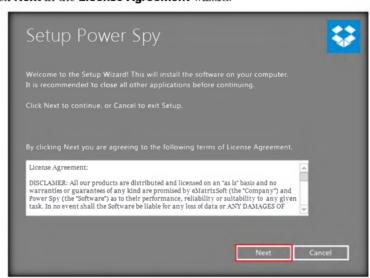
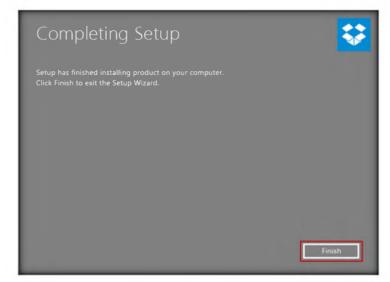


FIGURE 15.1: Installation of Spytech SpyAgent

4. Setup has finished the installation on the system. Click Finish.



You can download the Power Spy 2013 from http://ematrixsoft.com/inde x.php



Reystrokes Typed – log all keystrokes, including optional non-alphanumerical keys, typed with time, Windows username, application name and window caption

FIGURE 15.2: Select the Agreement

5. The Run as administrator window appears. Click Run.

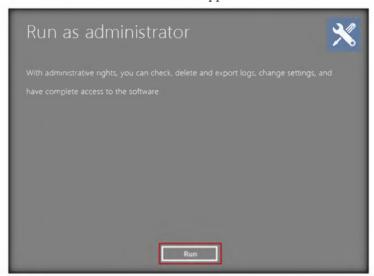


FIGURE 15.3: Selecting folder for installation

- The Setup login password window appears. Enter the password in the New password field, and retype the same password in the Confirm password field.
- 7. Click Submit.

Setup login password

Setup a password to login the software. The password can include uppercase letters, lowercase letters, numbers and symbols.

New password:

Confirm password:

Reset

Submit

Screen Snapshots – automatically captures screenshots of entire desktop or active windows at set intervals. Save screenshots as JPEG format images on your computer harddisk. Automatically stop screenshot when user is inactive

FIGURE 15.4: Selecting New Password

8. The Information dialog box appears. Click OK.



FIGURE 15.5: password confirmation window

- 9. The **Enter login Password** window appears. Enter the password (which is already set).
- 10. Click Submit

Enter login password

Password

Password

FIGURE 15.6: Enter the password

Power Spy administrator operations, like start or stop monitoring

11. The Register product window appears. Click Later to continue.

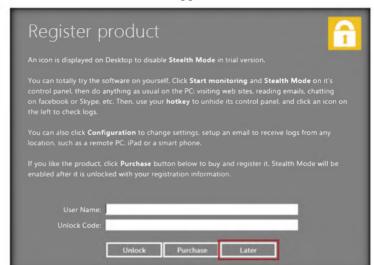


FIGURE 15.7: Register product window

12. The main window of **Power Spy** appears, as displayed in the following figure.



FIGURE 15.8: Main window of Power Spy

13. Click Start monitoring.

Stealth Mode: Power
Spy run absolutely invisibly
under Windows systems and
does not show in Windows
task list. None will know it's
running unless you tell them!
You can also choose to hide
or unhide Power Spy icon
and its uninstall entry

Task Schedule: You can set starting and ending time for each task to automatically start and stop the monitoring job.

TASK 2

Monitoring and Recording User Activities



Logs View: choose to view different type of logs from program main interface. You can delete selected logs or clear all logs, search logs or export logging reports in HTML format

FIGURE 15.9: Start monitoring

14. The System Reboot Recommended window appears. Click OK.



FIGURE 15.10: System Reboot Recommended window

- 15. Click **Stealth Mode** (stealth mode runs the Power Spy completely invisibly on the computer).
- 16. The **Hotkey reminder** window appears. Click **OK** (to unhide Power Spy, use the **Ctrl+Alt+X** keys together on your PC keyboard).

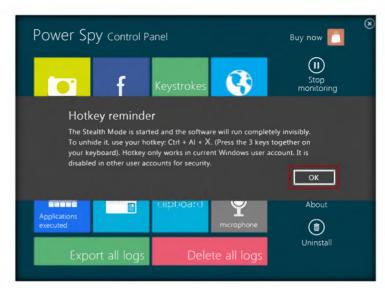


FIGURE 15.11: Stealth mode window

17. The Confirm window appears Click Yes.

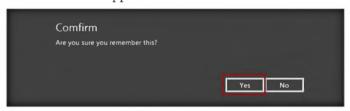


FIGURE 15.12: Stealth mode notice

- 18. Now browse the Internet (anything). To bring Power Spy out of stealth mode, press **CONTROL+ALT+X** on your keyboard.
- 19. The Run as administrator window appears. Click Run.

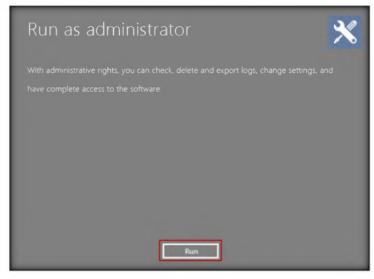


FIGURE 15.13: Run as administrator

Easy-to-use Interface:

config Power Spy with either Wizard for common

users or control panel for advanced users. Userfriendly graphical program

interface makes it easy for

beginngers.

- 20. The **Enter login password** window appears. Enter the password (which is already set).
- 21. Click Submit.



FIGURE 15.14: Enter the password

- 22. Click Later in the Register product window to continue if it appears.
- 23. Click **Stop monitoring** to stop the monitoring.



FIGURE 15.15: Stop the monitoring

24. To check user keystrokes from the keyboard, click **Keystrokes** in **Power Spy Control Panel**.

Program Executed – log all programs including application, executable file, documents and directories navigated with time, Windows username, application/document/direct ory name and file paths.



FIGURE 15.16: Selecting keystrokes from Power spy control panel

- 25. It will show all the resulted **keystrokes** as shown in the following screenshot.
- 26. Click the Close button.

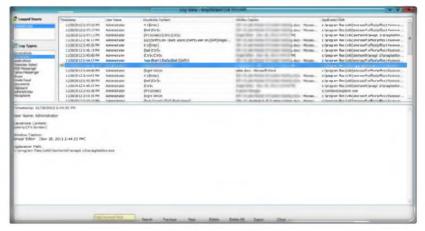


FIGURE 15.17: Resulted keystrokes

- 27. To check the websites visited by the user, click **Website visited** in the **Power Spy Control Panel**.
- 28. It will show all the **visited websites**, as shown in the following screenshot.

Documents Opened – log all text contents of documents opened in MS Word and NotePad.

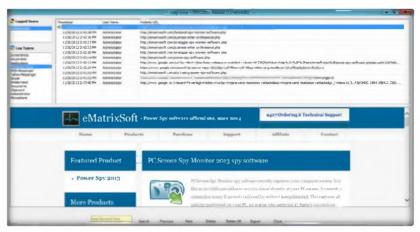


FIGURE 15.18: Result of visited websites

Lab Analysis

Analyze and document the results related to the lab exercise. Give your opinion on your target's security posture and exposure.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved	
PowerSpy 2013	Output:	

Internet Connection Required	
☐ Yes	☑ No
Platform Supported	
☑ Classroom	🗹 iLabs



Image Steganography Using QuickStego

QuickStego hides text in pictures so that only other users of QuickStego can retrieve and read the hidden secret messages.

ICON KEY Valuable information Test your

knowledge Web exercise



Lab Scenario

Porn sites are filled with images that sometimes change multiple times each day, require authentication in some cases to access their "better" areas of content, and by using stenographic techniques, would allow an agent to retrieve messages from their home bases and send back updates, all in porn trading. Thumbnails could be scanned to find out if there are any new messages for the day; once decrypted, these messages would point to links on the same site with the remaining information encrypted.

Terrorists know that so many different types of files can hold all sorts of hidden information, and tracking or finding these files can be an almost impossible task. These messages can be placed in plain sight, and the servers that supply these files will never know it. Finding these messages is like finding the proverbial "needle" in the World Wide Web haystack.

In order to be an expert an ethical hacker and penetration tester, you must understand how to hide the text inside the image. In this lab, we show how text is hidden inside an image using the QuickStego tool.

Tools
demonstrated in
this lab are
available in
D:\CEHTools\CEHv8
Module 05 System
Hacking

Lab Objectives

The objective of this lab is to help the students learn how to hide secret text messages in an image.

Lab Environment

To perform the lab, you need:

- A computer running Windows Server 2012
- Administrative privileges to install and run tools

- QuickStego is located at D:\CEH-Tools\CEHv8 Module 05 System Hacking\Steganography\Image Steganography\QuickStego
- You can also download Quick Stego tool from http://quickcrypto.com/free-steganography-software.html
- If you decided to download latest version screenshots may differ
- Run this tool in Windows Server 2012

Lab Duration

Time: 10 Minutes

Overview of Steganography

Steganography is the art and science of writing hidden messages in such a way that no one, apart from the sender and intended recipient, suspects the existence of the message, a form of security through obscurity. Steganography includes the concealment of information within computer files. In digital steganography, electronic communications may include stenographic coding inside of a transport layer, such as a document file, image file, program, or protocol.

Lab Tasks

The basic idea in this section is to:

- 1. Follow the wizard-driven installation steps to install Quick Stego
- 2. Launch Quick Stego from Start menu apps

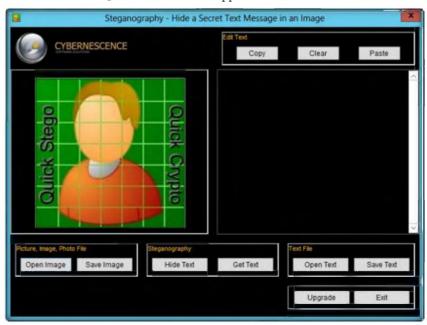


FIGURE 16.1: Main window of the QuickStego

B. Click Open Image in the Picture, Image, Photo File dialog box.



Hide the text inside the image

You can download the QuickStego from http://quickcrypto.com

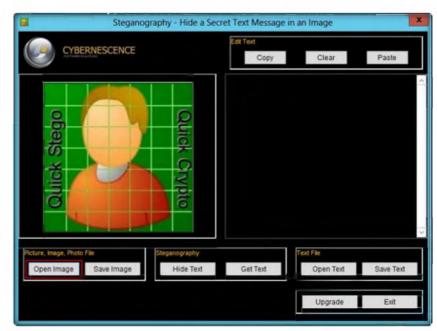


Image Types that can be opened - .jpg/.jpeg, .gif, or .bmp formats

FIGURE 16.2: Opening the image

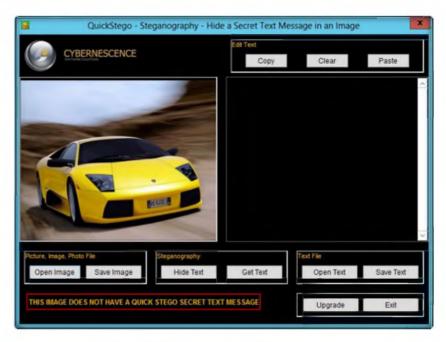
- 4. Browse the image from D:\CEH-Tools\CEHv8 Module 05 System Hacking\Steganography\Image Steganography\QuickStego.
- 5. Select lamborgini_5.jpg, and then click the Open button.



Saved Hidden
Text Images .bmp format only

FIGURE 16.3: Selecting the image

6. The selected image is added; it will show a message that reads: THIS IMAGE DOES NOT HAVE A QUICK STEGO SECRET TEXT MESSAGE.



QuickStego does not ENCRYPT the secret text message though it is well hidden in the image. QuickCrypto includes the functions of QuickStego but also allows you to securely encrypt text and files and even hide files on your computer.

FIGURE 16.4: Selected image is displayed

7. To add the text to the image, click **Open Text** from the **Text File** dialog box.

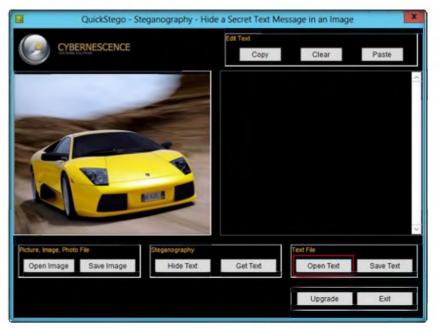


FIGURE 16.5: Selected text file

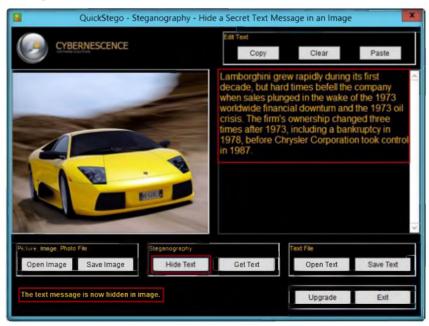
- 8. Browse the text file from D:\CEH-Tools\CEHv8 Module 05 System Hacking\Steganography\Image Steganography\QuickStego.
- 9. Select Text File.txt file, and then click the Open button.



The core functions of QuickStego are also part of QuickCrypto, therefore the product will be supported for the foreseeable future. Functionality on its way is the ability to hide messages inside audio files, e.g. mp3 and way.

FIGURE 16.6: Selecting the text file

- 10. The selected text will be added; click **Hide Text** in the **Steganography** dialog box.
- 11. It shows the following message: The text message is now hidden in image.



The larger the image, the more text that can be concealed within. QuickStego will tell you how many characters of text you must lose if you go over this limit per picture. In practice a lot of secret text can be hidden in even a small image.

FIGURE 16.7: Hiding the text

12. To save the image (where the text is hidden inside the image) click **Save Image** in the **Picture, Image, Photo File** dialog box.

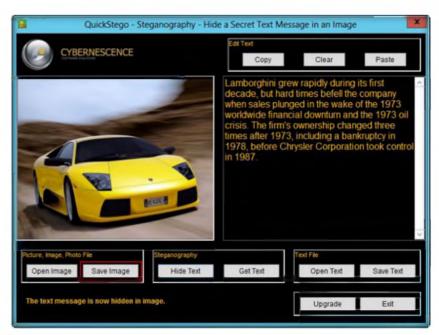


FIGURE 16.8: Save the steganography image

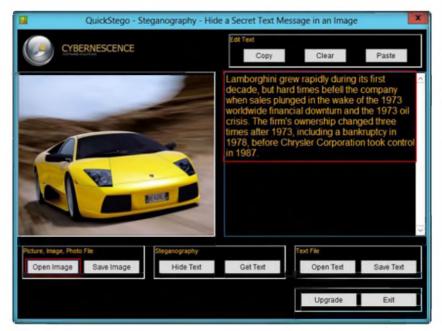
13. Provide the file name as **stego**, and click **Save** (to save this file on the desktop).



FIGURE 16.9: Browse for saved file

- 4. Exit from the QuickStego window. Again open QuickStego, and click Open Image in the Picture, Image, Photo File dialog box.
- 15. Browse the **Stego** file (which is saved on desktop).
- 16. The hidden text inside the image will appear as displayed in the following figure.

QuickStego imperceptibly alters the pixels (individual picture elements) of the image, encoding the secret text by adding small variations in color to the image. In practice, to the human eye, these small differences do not appear to change the image



Approximately 2MB of free hard disk space (plus extra space for any images)

FIGURE 16.10: Hidden text is showed

Lab Analysis

Analyze and document the results related to the lab exercise. Give your opinion on your target's security posture and exposure.

PLEASE TALK TO YOUR INSTRUCTOR IF YOU HAVE QUESTIONS RELATED TO THIS LAB.

Tool/Utility	Information Collected/Objectives Achieved	
QuickStego	Image Used: Lamborghini_5.jpg	
	Output: The hidden text inside the image will be shown	
Internet Connection	on Required	
□ Yes	☑ No	
Platform Supporte	d	
☑ Classroom	☑ iLabs	