How to Open Kali Linux in VMware (Without Manual Installation)

Instead of installing Kali Linux from scratch, you can directly use the prebuilt virtual machine provided by the official website. Follow the steps below:

Step 1: Download Kali Linux Virtual Machine

1. Open your browser and go to: https://www.kali.org/get-kali/#kali-virtual-machines

2. Scroll to the Virtual Machines section.

3. Download the version for VMware.

4. The file size will be approximately 3–4 GB.

5. After downloading, extract the file and place it in a separate folder (for example: Documents/Kali Linux).

Step 2: Open Kali Linux in VMware

1. Open VMware Workstation (if not installed , view previous notes).

2. Click File → Open.

3. Browse to the extracted Kali Linux folder.

4. Select the .vmx file and click Open.

5. Click Power On This Virtual Machine.

Step 3: Login Credentials

Username: kali

Password: kali

Step 4: Update Kali Linux

After logging in, open the terminal and run the following command:

```
sudo apt update && sudo apt upgrade -y
```

This command updates the package list and upgrades all installed packages to the latest version.

Important Notes

• Always download Kali Linux from the official website.

• Make sure your system has at least 8 GB RAM for smooth performance.

• Enable virtualization (VT-x / AMD-V) in BIOS if VMware does not start properly.

Final Result

Now Kali Linux is ready to use inside VMware without performing a manual installation.