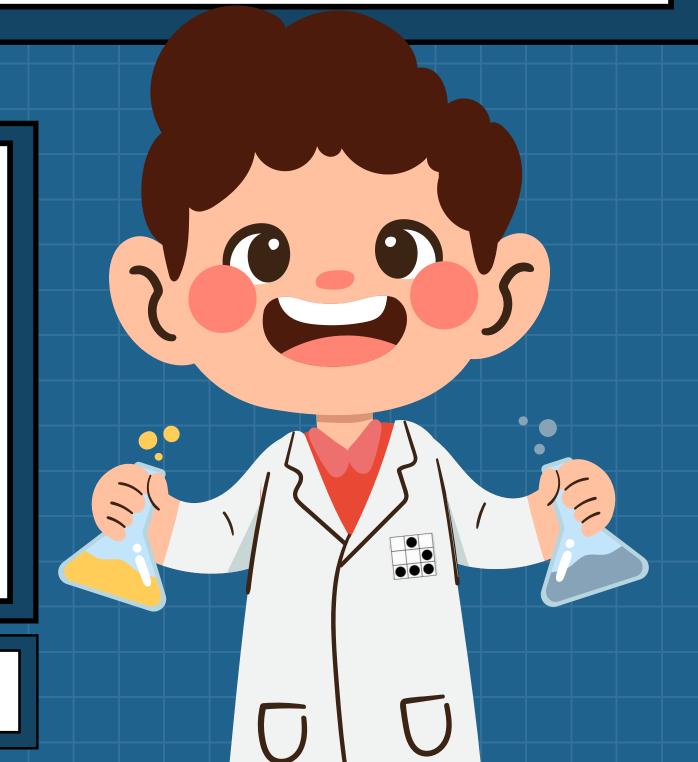




YOUR LAB ASSISTANT



- Software engineer
- Penetration tester
- Red team operator
- Product security engineer
- Home lab enthusiast





LINKEDIN.COM/IN/JKEELER



LEARNING OBJECTIVES



Introduction

HELLO my name is... Goals



Architecture



Core Build



Exercises



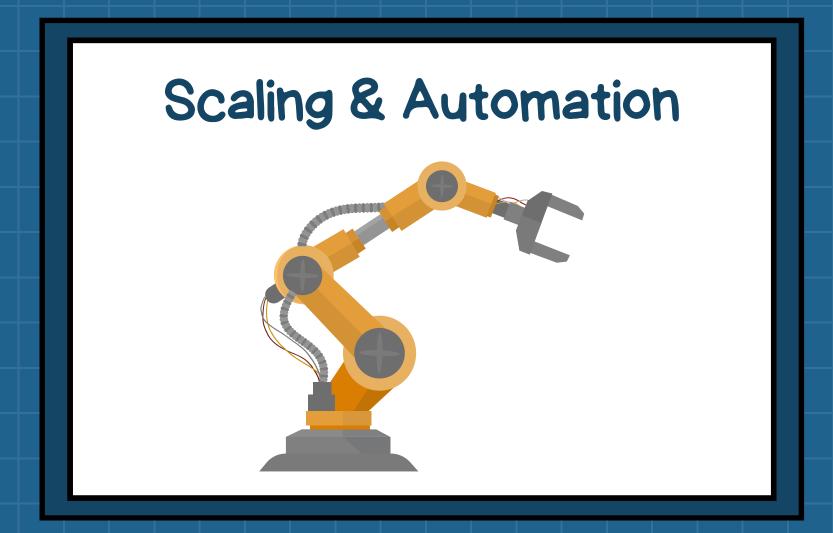
Isolation





LEARNING OBJECTIVES



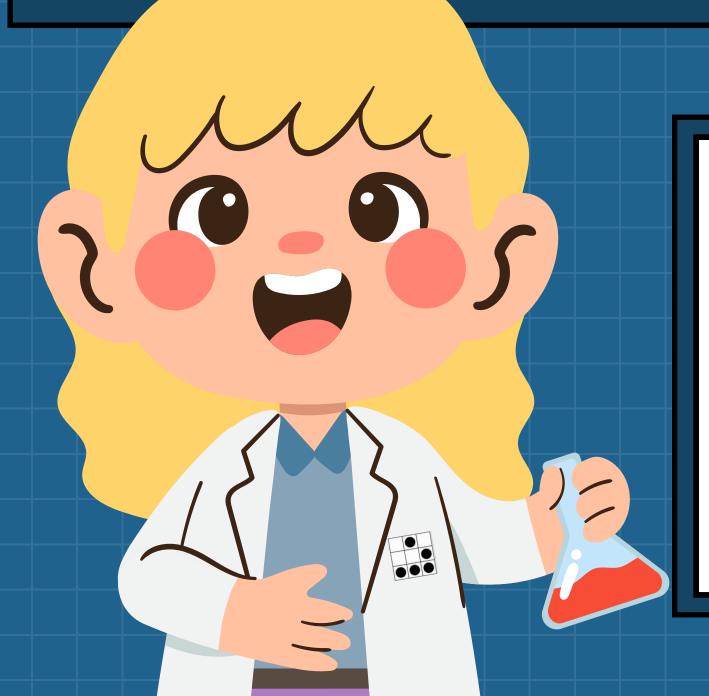






INTRODUCTION





- Home lab vs. Cyber range
- Why home labs matter
- Real-world use cases



DEFINE YOUR GOALS



- What's your focus?
- Create targeted goals





LAB ARCHITECTURE



- Hardware sourcing
- Virtualization
- Network design



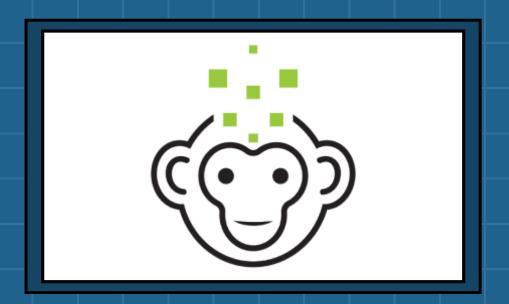


HARDWARE SOURCING











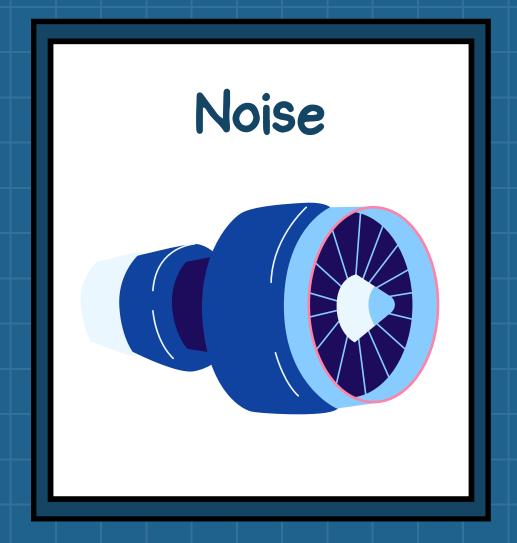


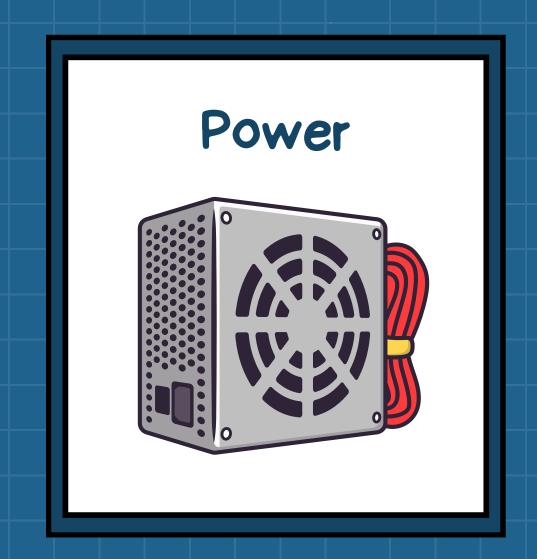


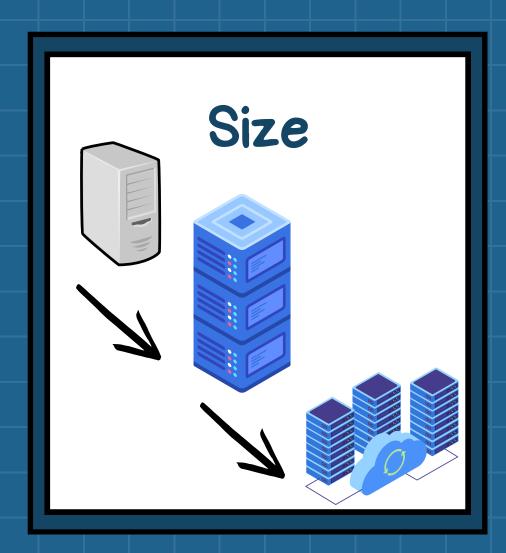


HARDWARE REQUIREMENTS &











VIRTUALIZATION







Bare metal hypervisor

www.are*
ESXi

Microsoft
Hyper-V

PROXMOX





NETWORK DESIGN



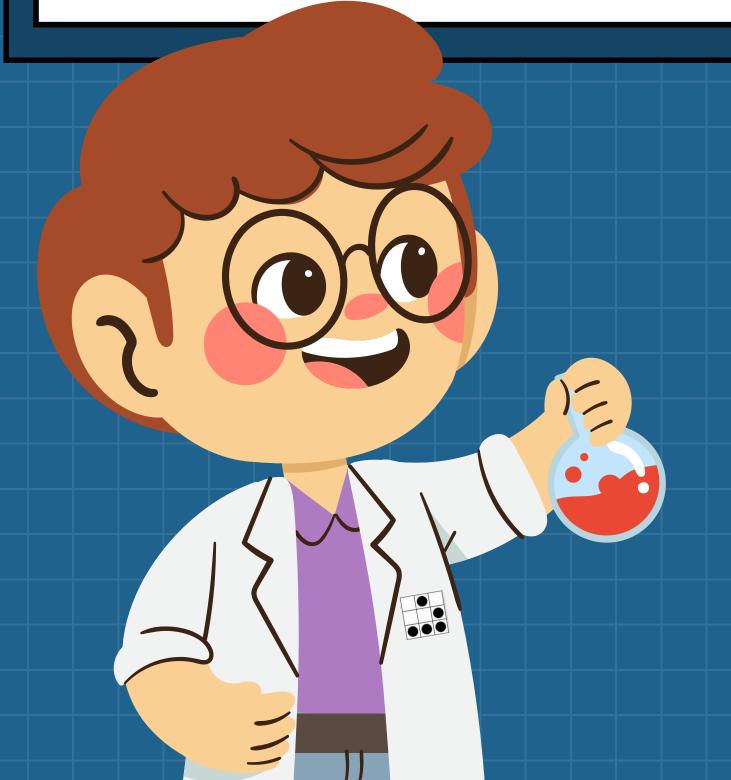
- Segmentation
- VLANs
- Isolation





CORE LAB BUILD





- Choose your own adventure
- Today's adventure
 - Proxmox
 - Portainer



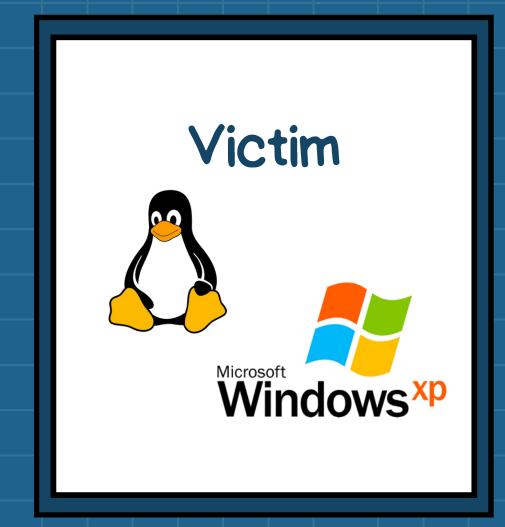
VM SETUP



Attacker







Monitoring Host



W.



VM SETUP TIPS



Snapshots



Templates



Cloud images



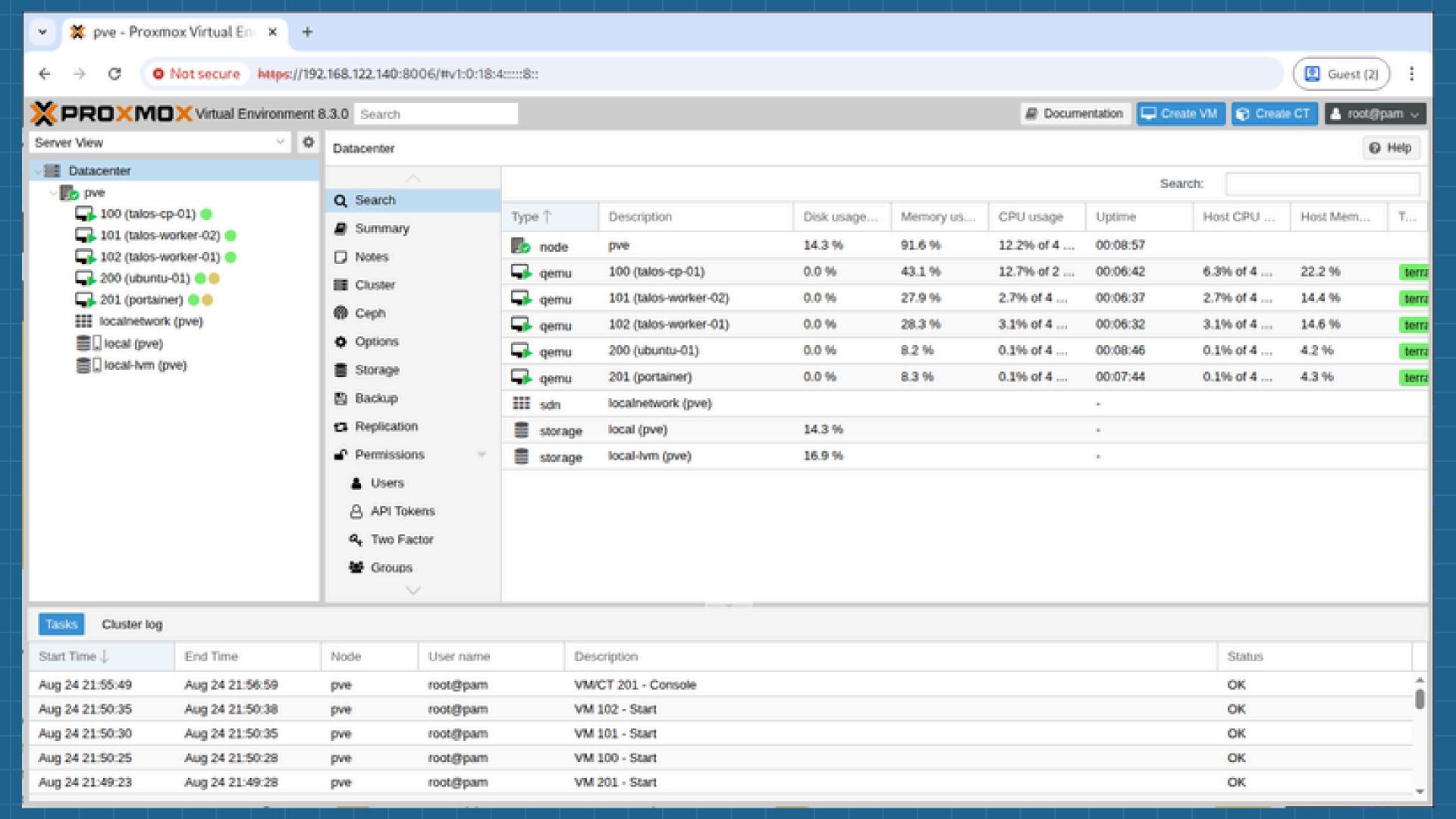


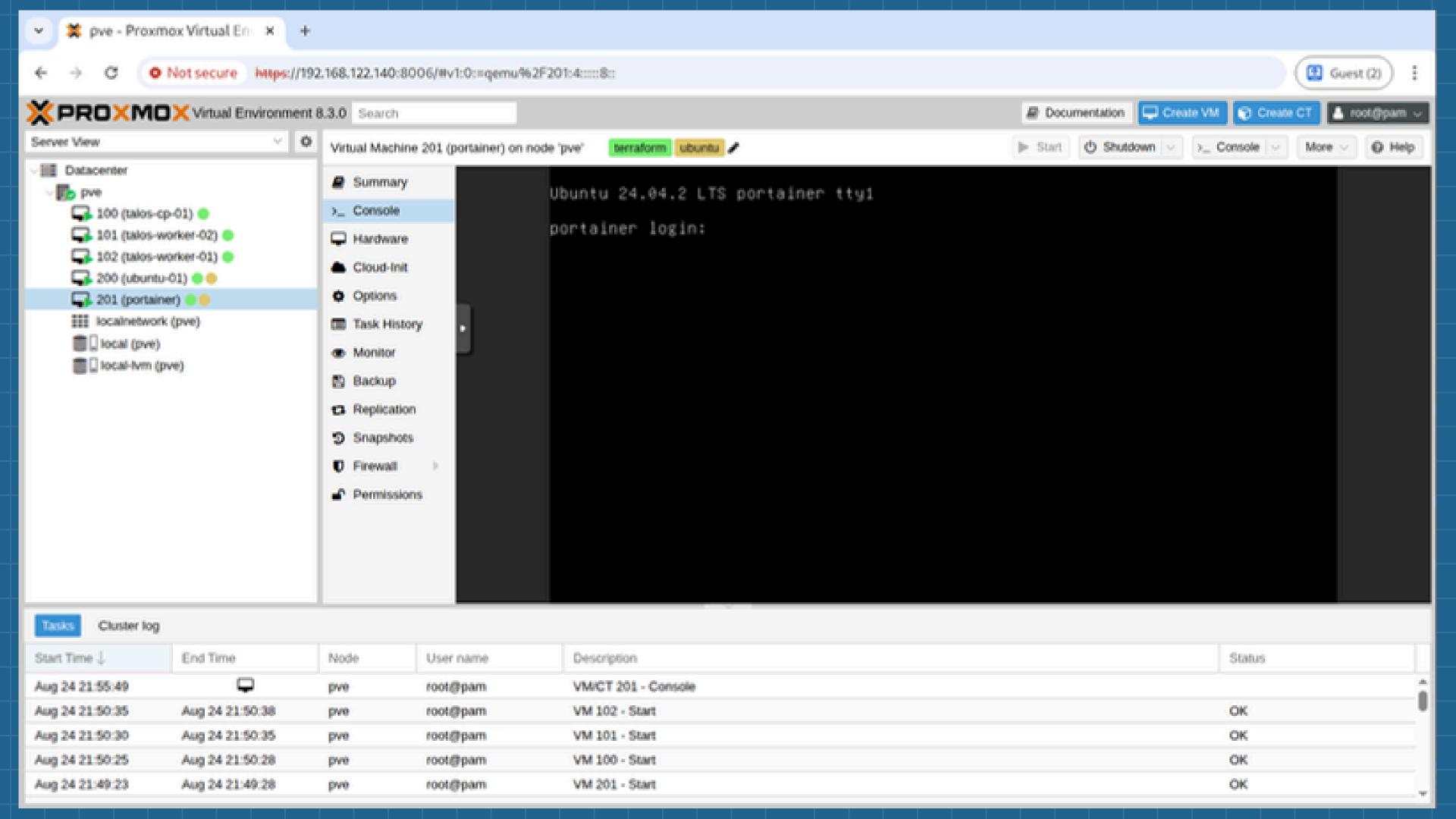
PROXMOX

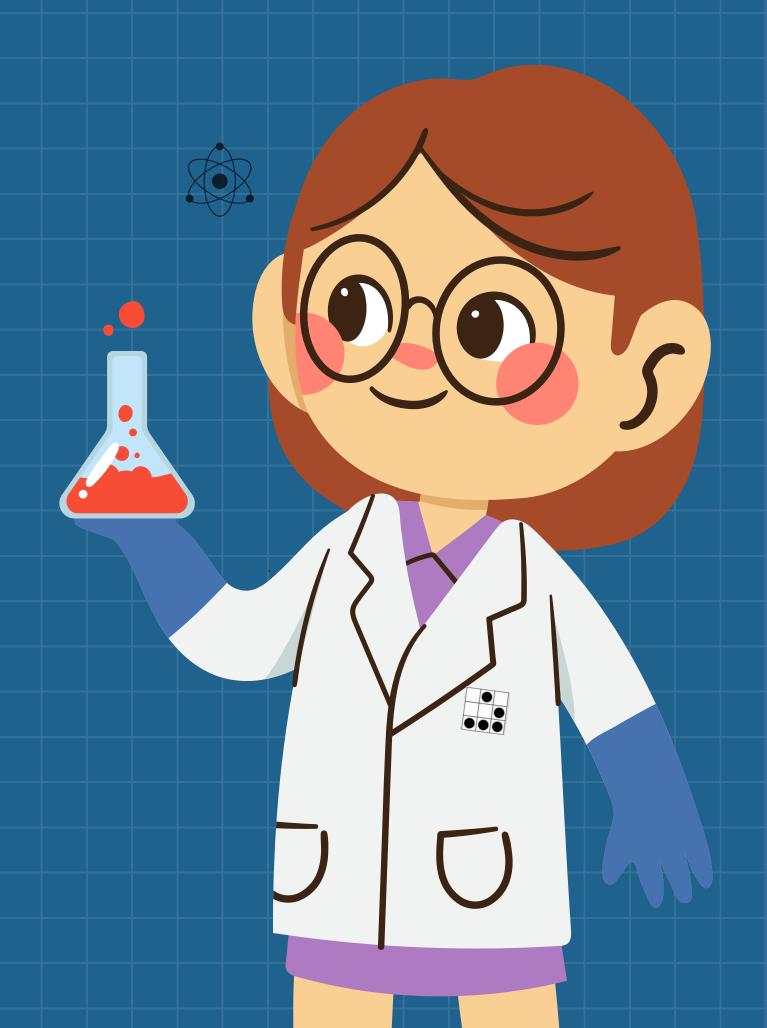


- Open source
- Enterprise virtualization
- Support for
 - VMs and containers
 - Software defined networking
 - Clustering







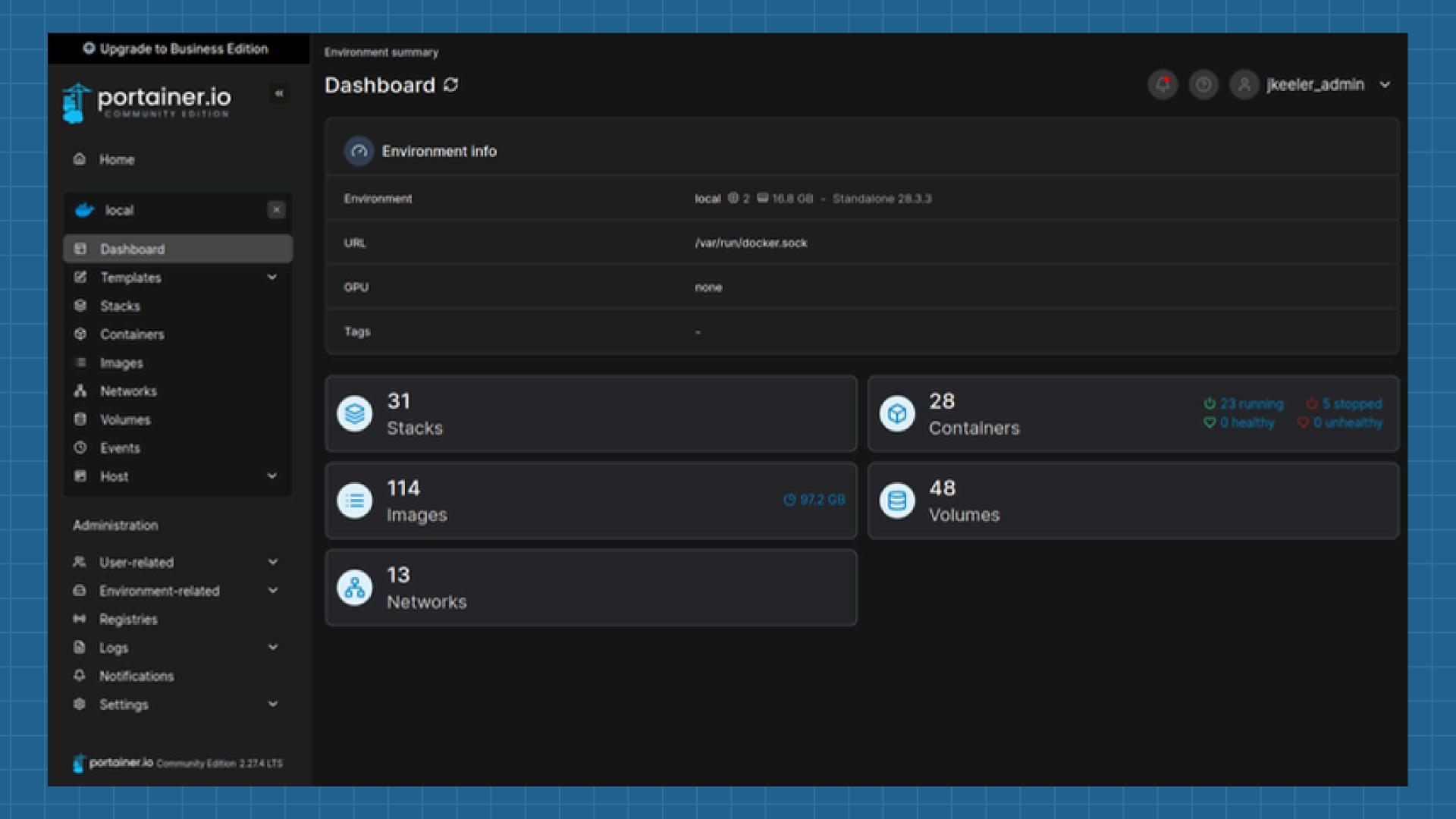




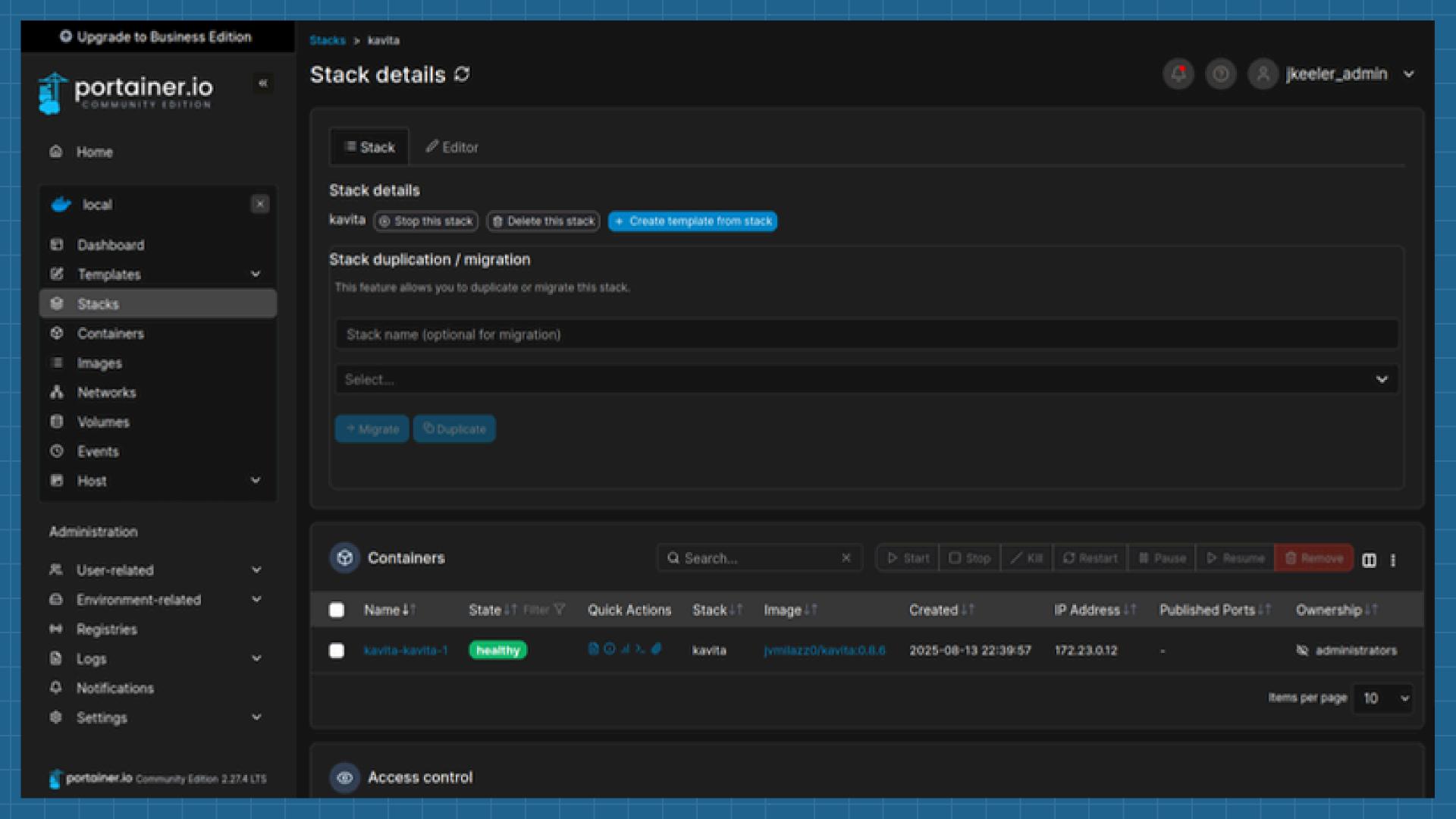
PORTAINER



- Community edition
- Container management
- Easy-to-use Ul
- Support for
 - Docker
 - Docker swarm
 - Kubernetes
 - Podman
 - Azure ACI



```
services:
    kavita:
        image: jvmilazz0/kavita:latest
        container_name: kavita
        volumes:
            - /your/path/to/manga:/manga
            - /your/path/to/comics:/comics
            - /your/path/to/books:/books
            - /your/path/to/saved/config:/kavita/config
        environment:
            - TZ=Your/Timezone
        ports:
            - "5000:5000"
        restart: unless-stopped
```





EXERCISES



- Exploitation
- Reverse Engineering
- Detection



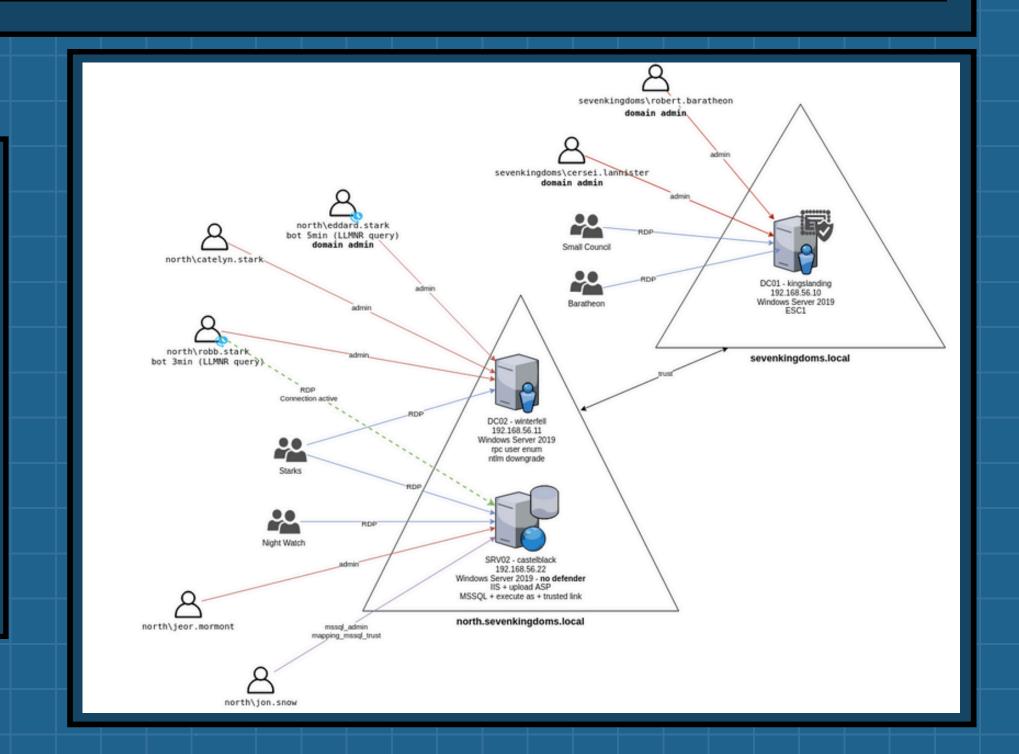


GAME OF ACTIVE DIRECTORY



GOAD

- Five different labs
- MINI lab →
 - o 2 VMs
 - 1 Forest
 - ∘ 1 Domain
 - 1 Workstation





EXPLOITATION

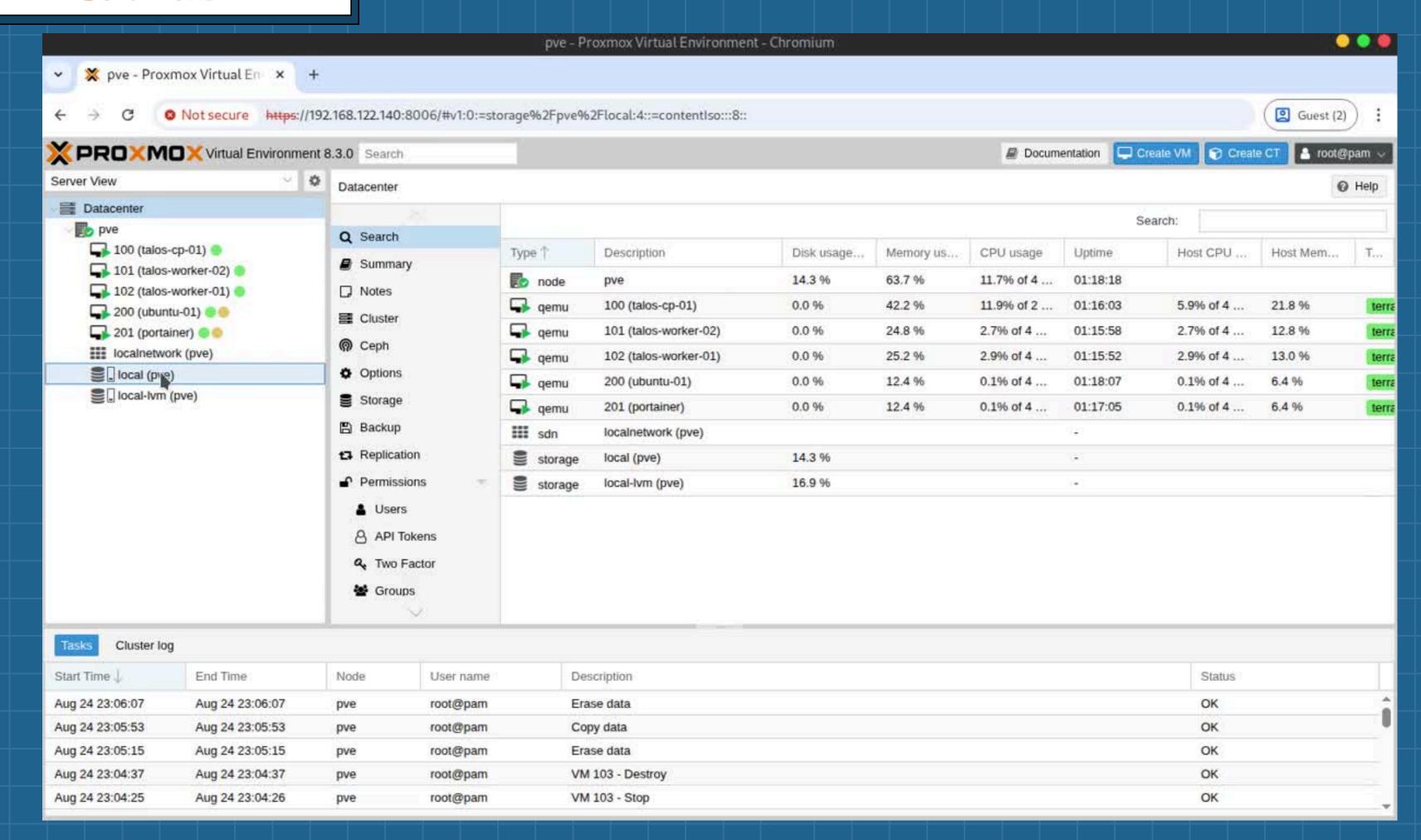


Stage your systems

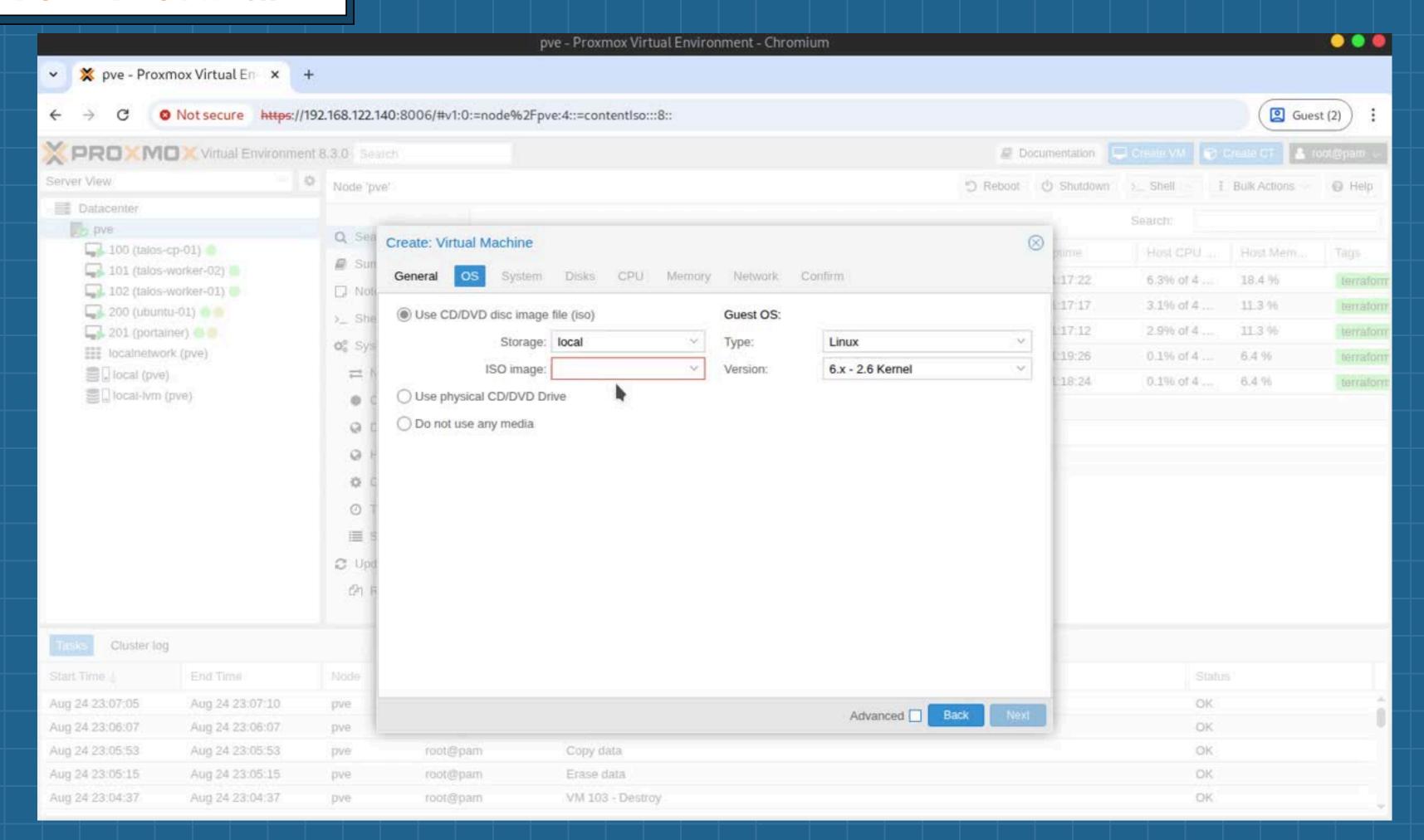
Run exploit

Escalate privileges

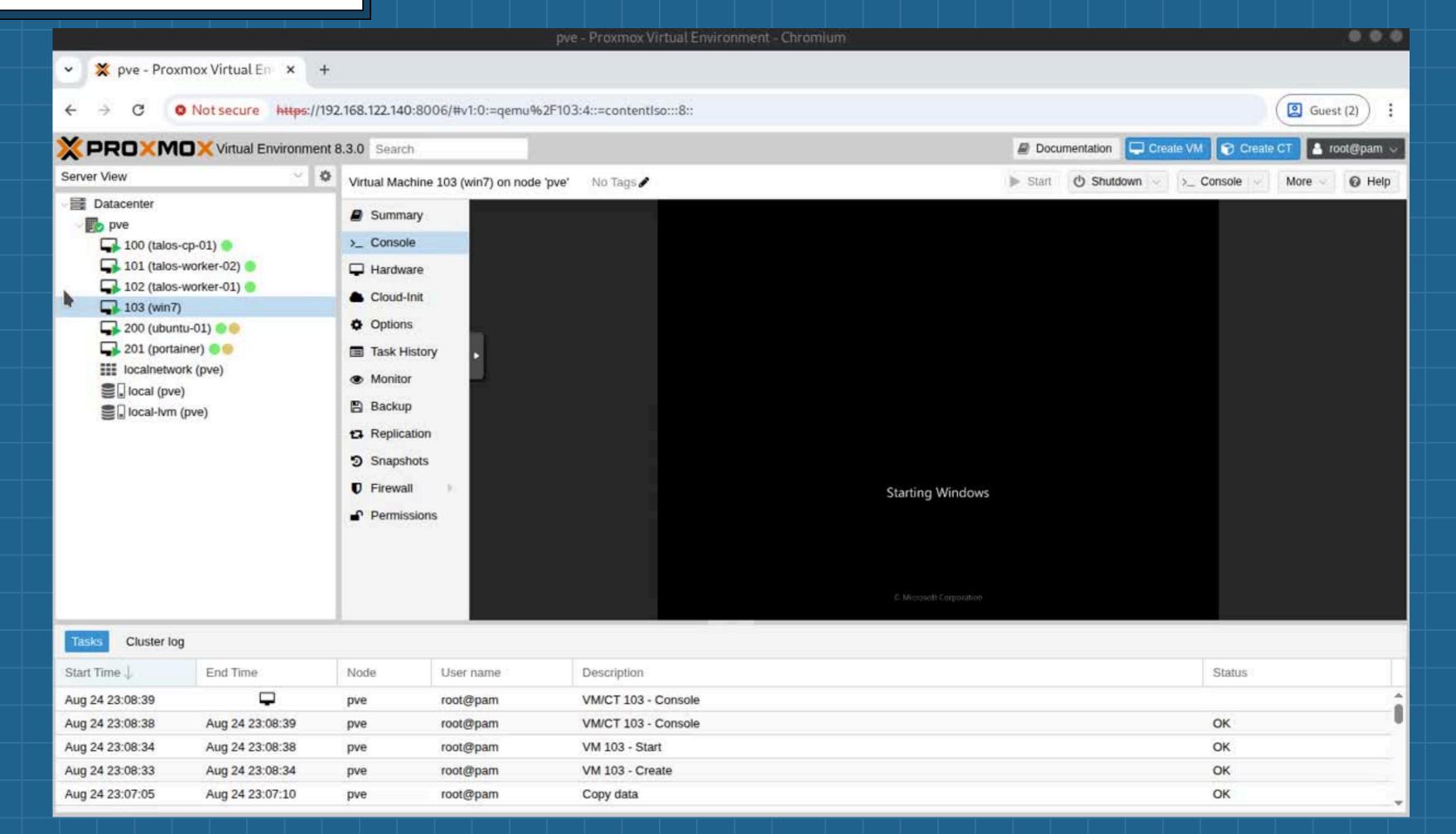
ISO UPLOAD



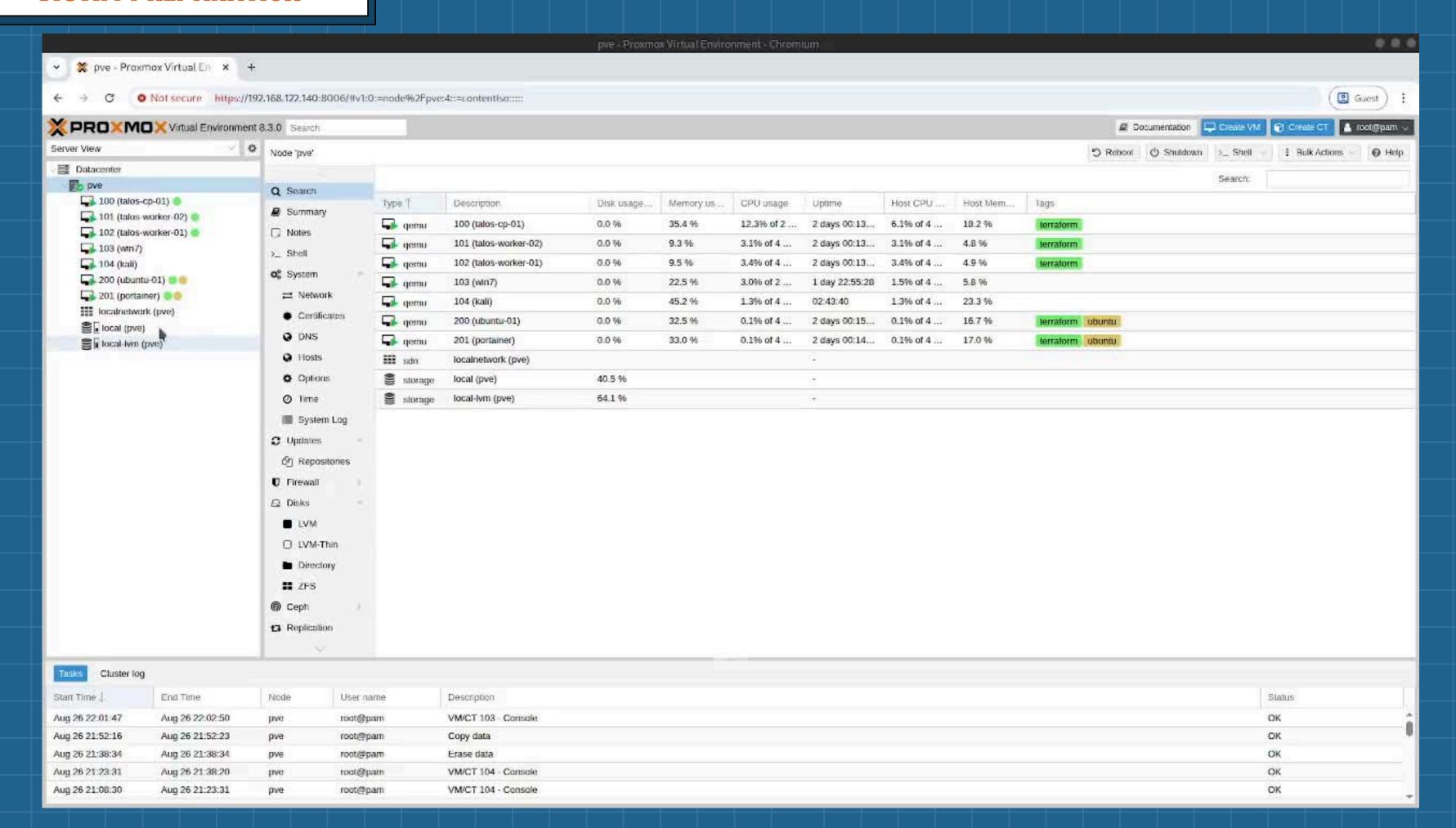
VICTIM VM CREATION



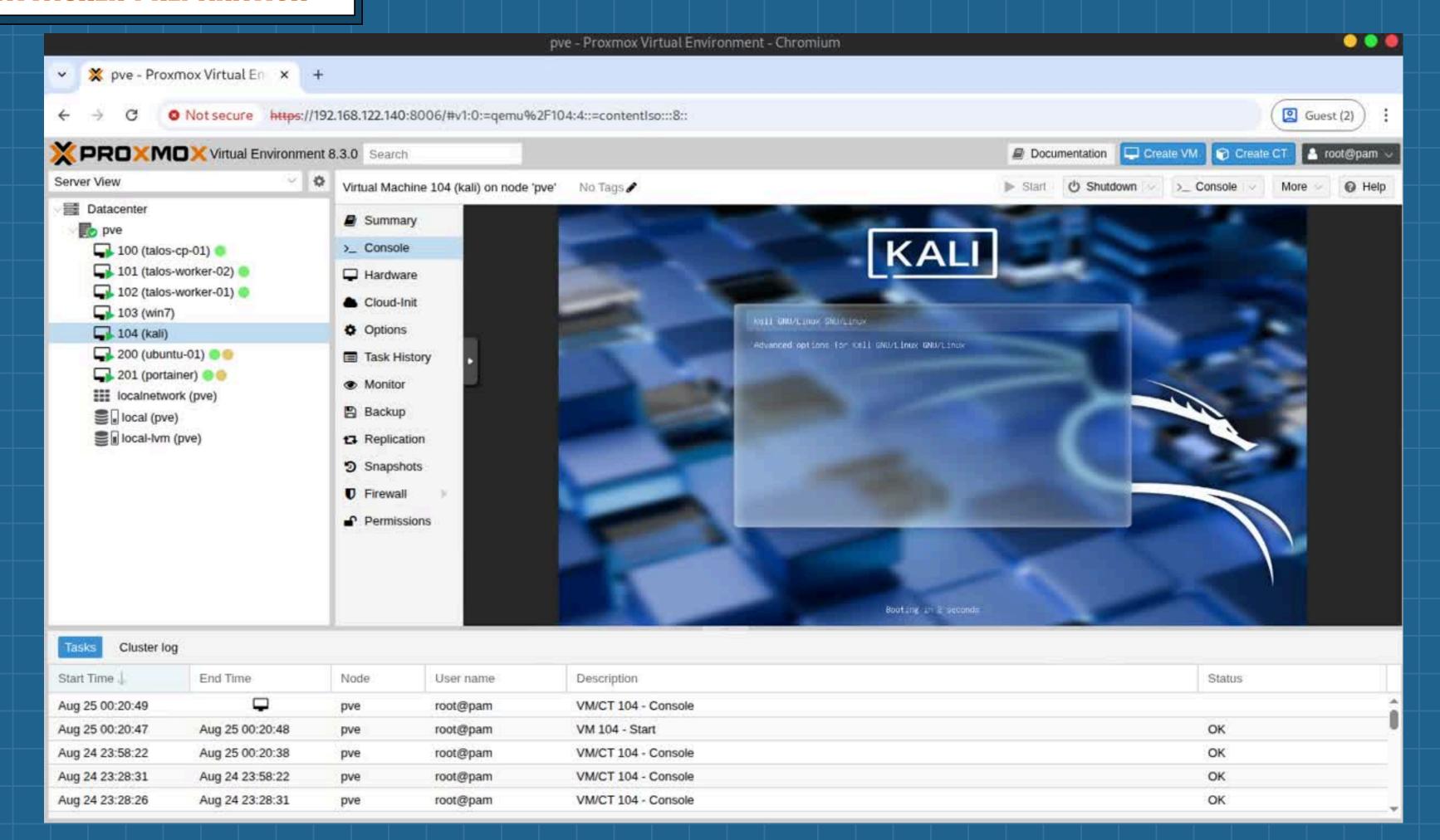
SUCCESSFUL OS INSTALL



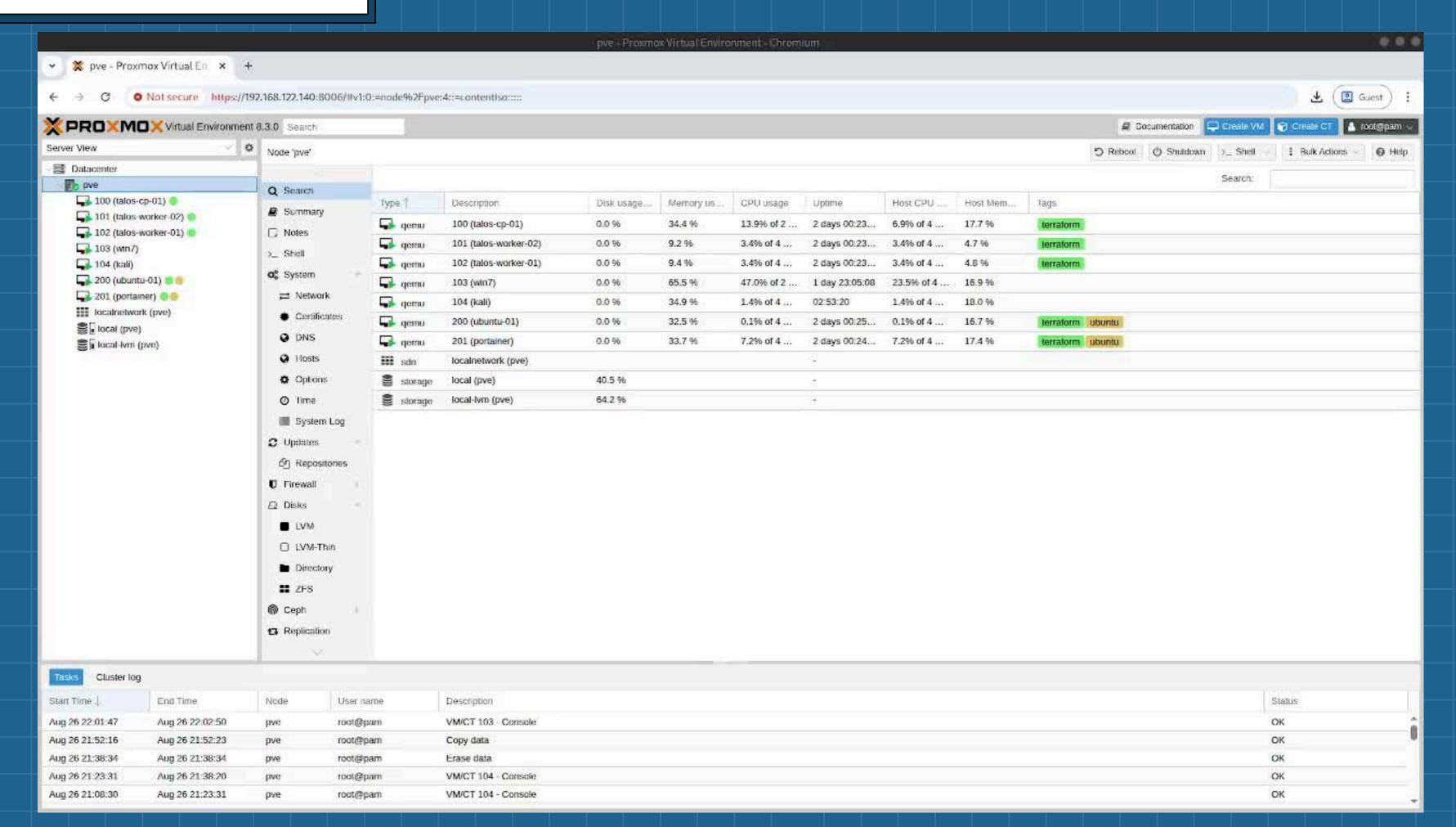
VICTIM PREPARATION



ATTACKER PREPARATION



EXPLOITATION





REVERSE ENGINEERING

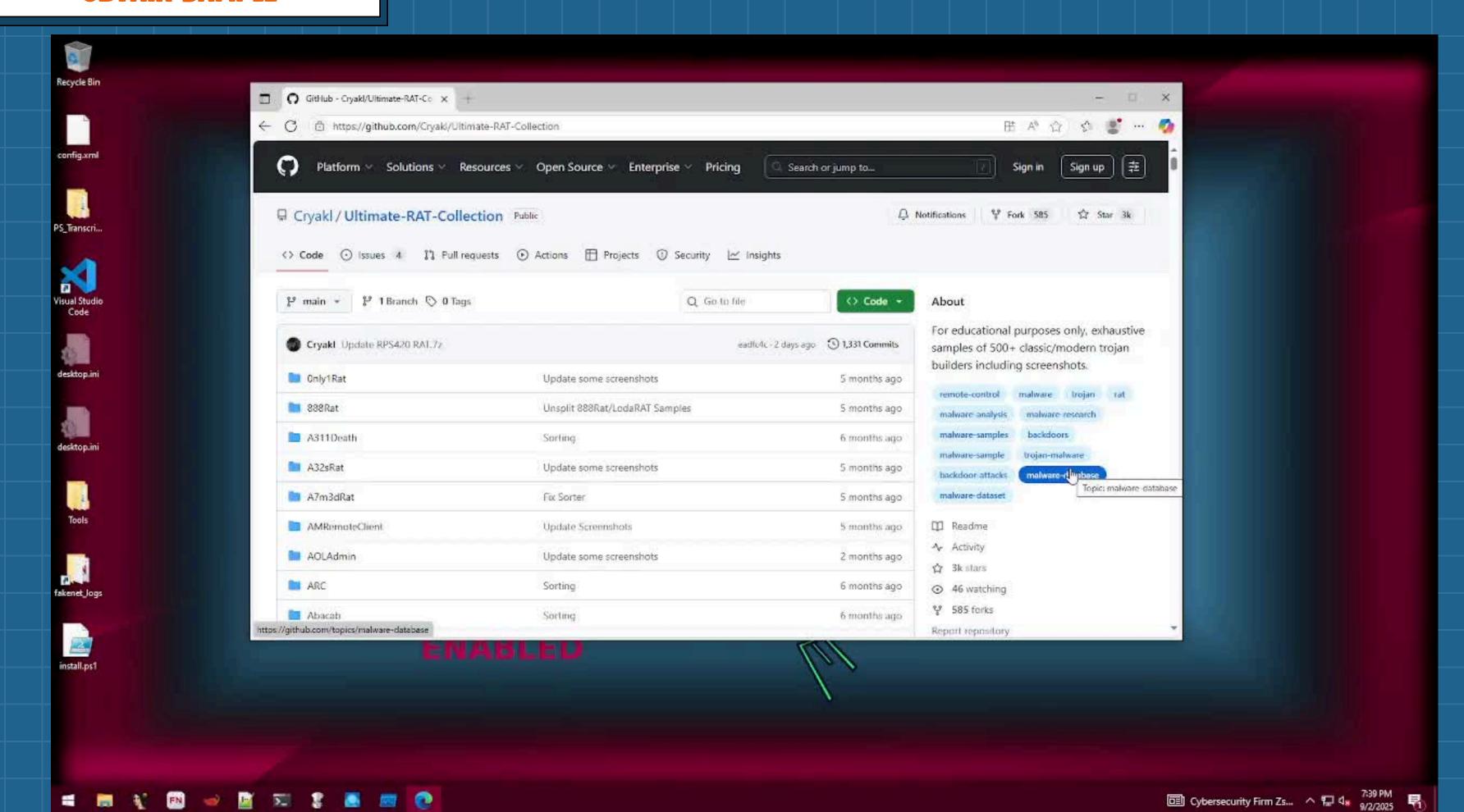


Obtain a sample

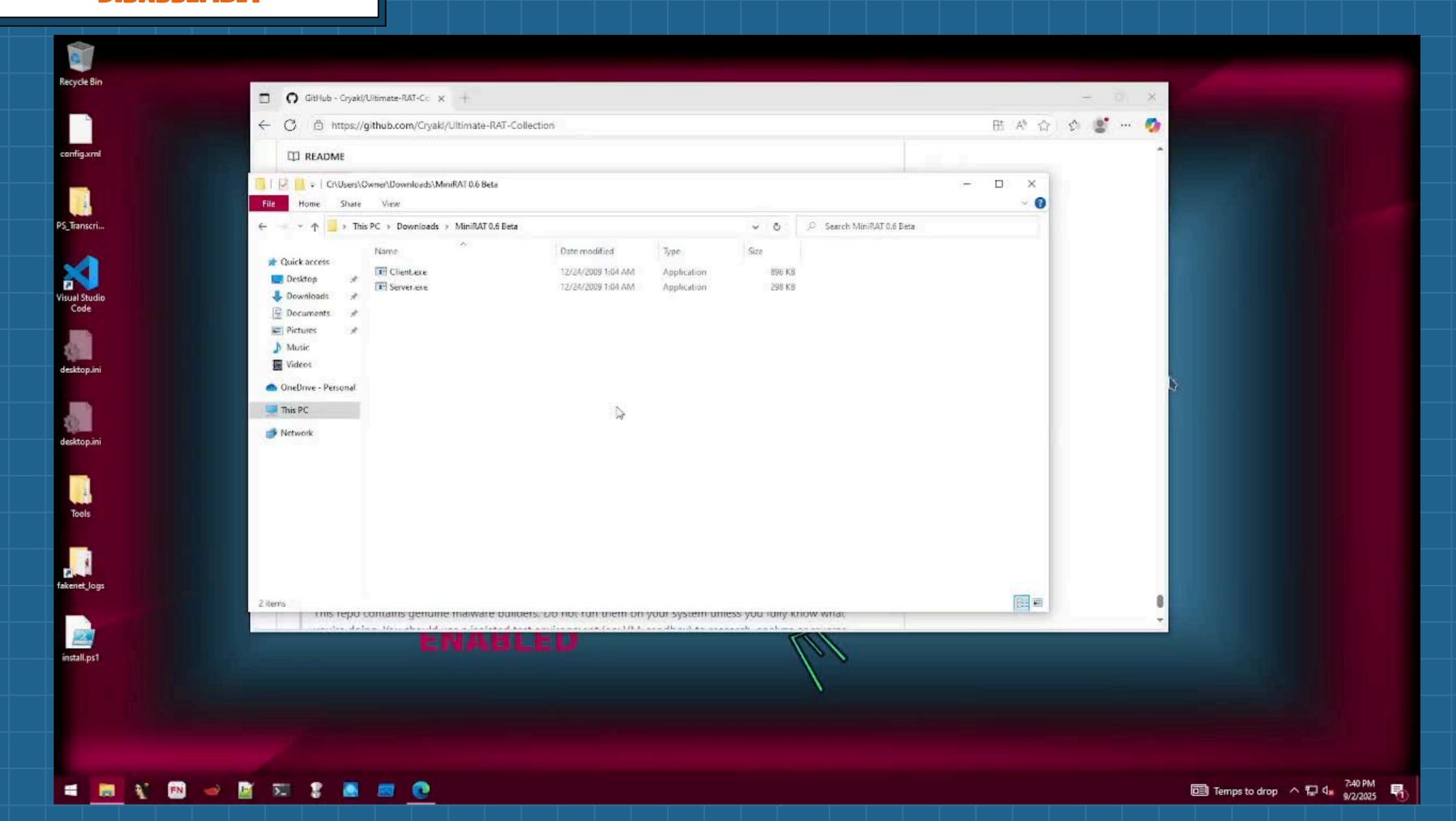
Disassemble

Analyze

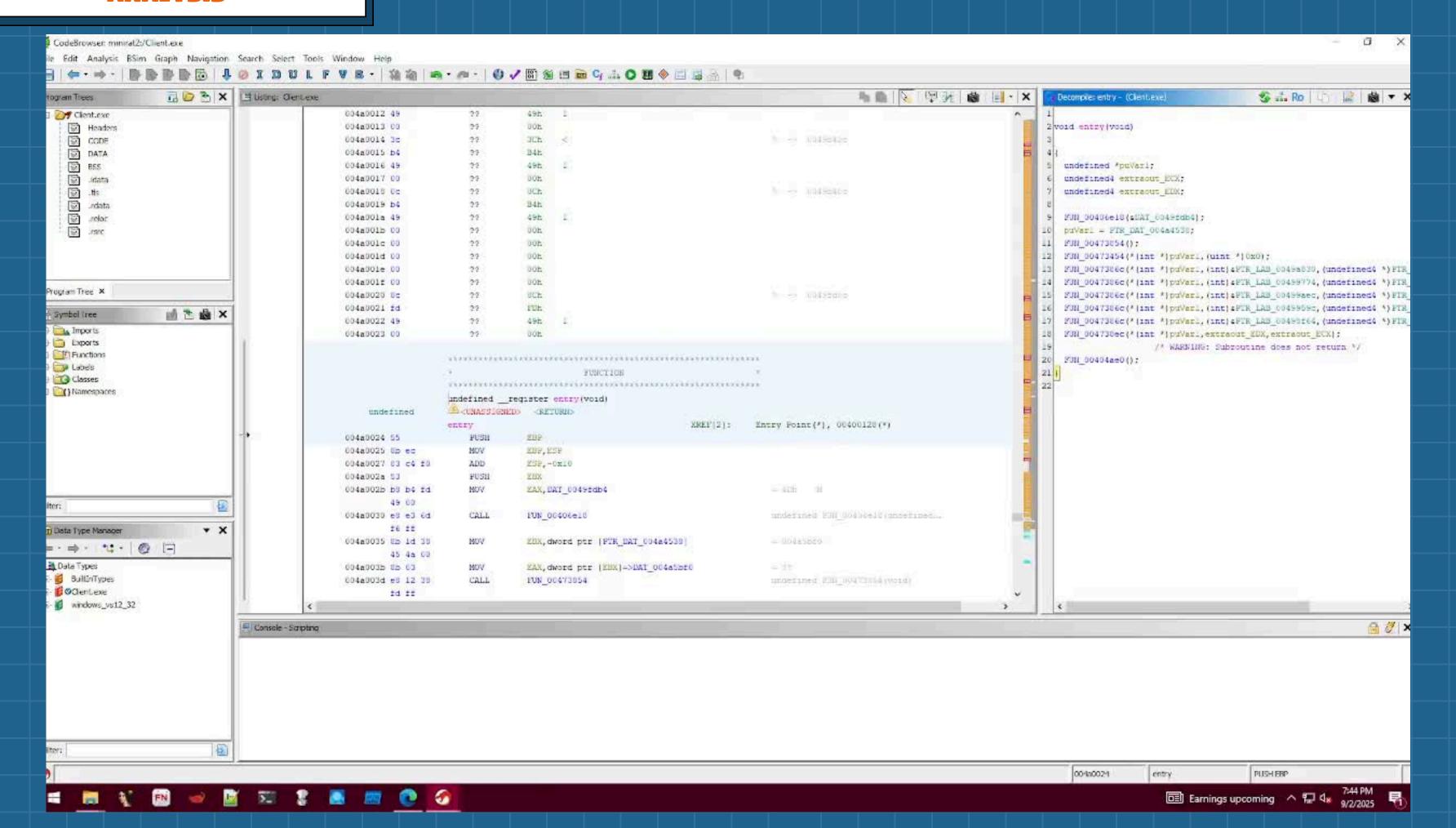
OBTAIN SAMPLE



DISASSEMBLY



ANALYSIS





DETECTION

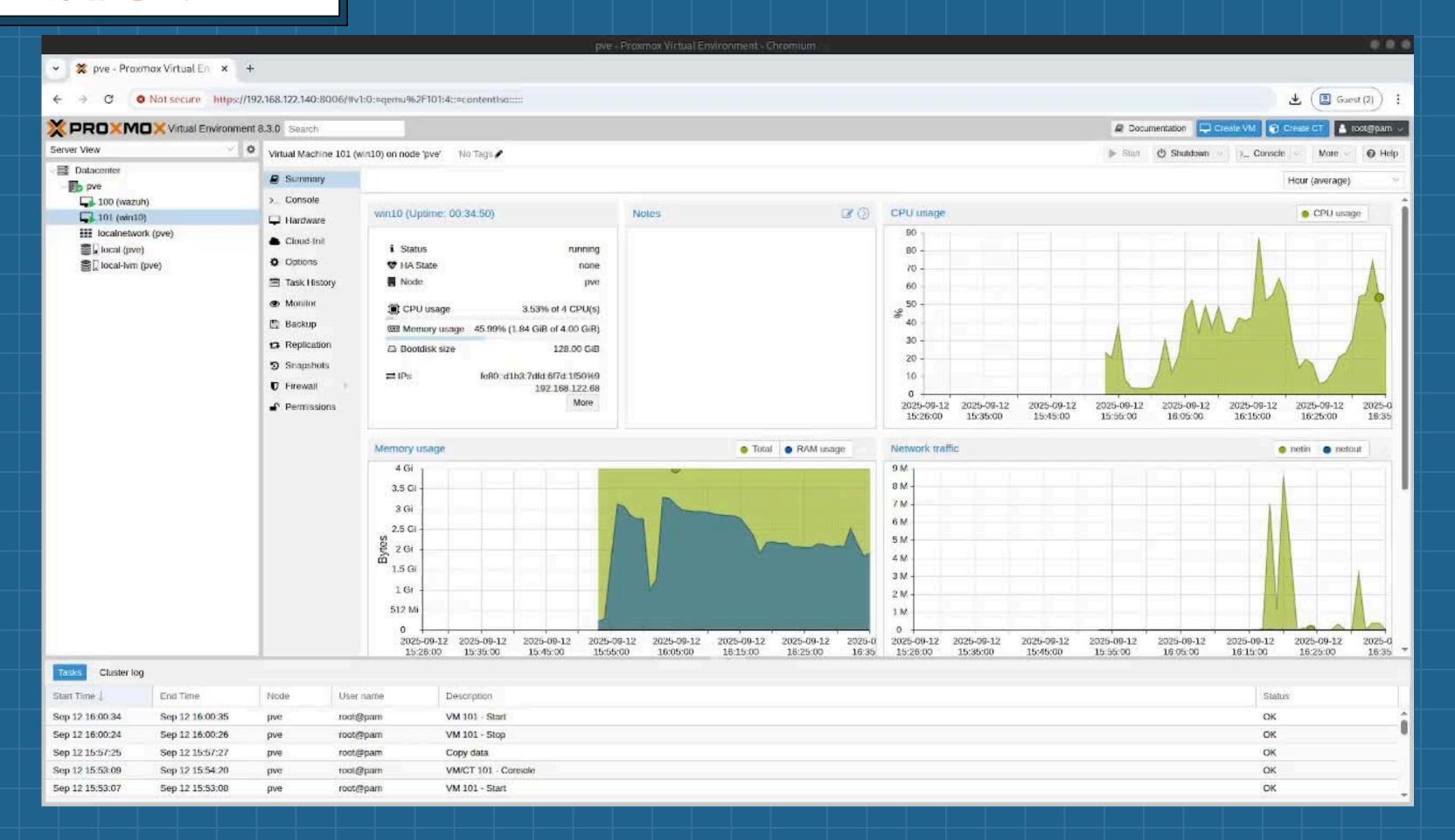


Stage your victim

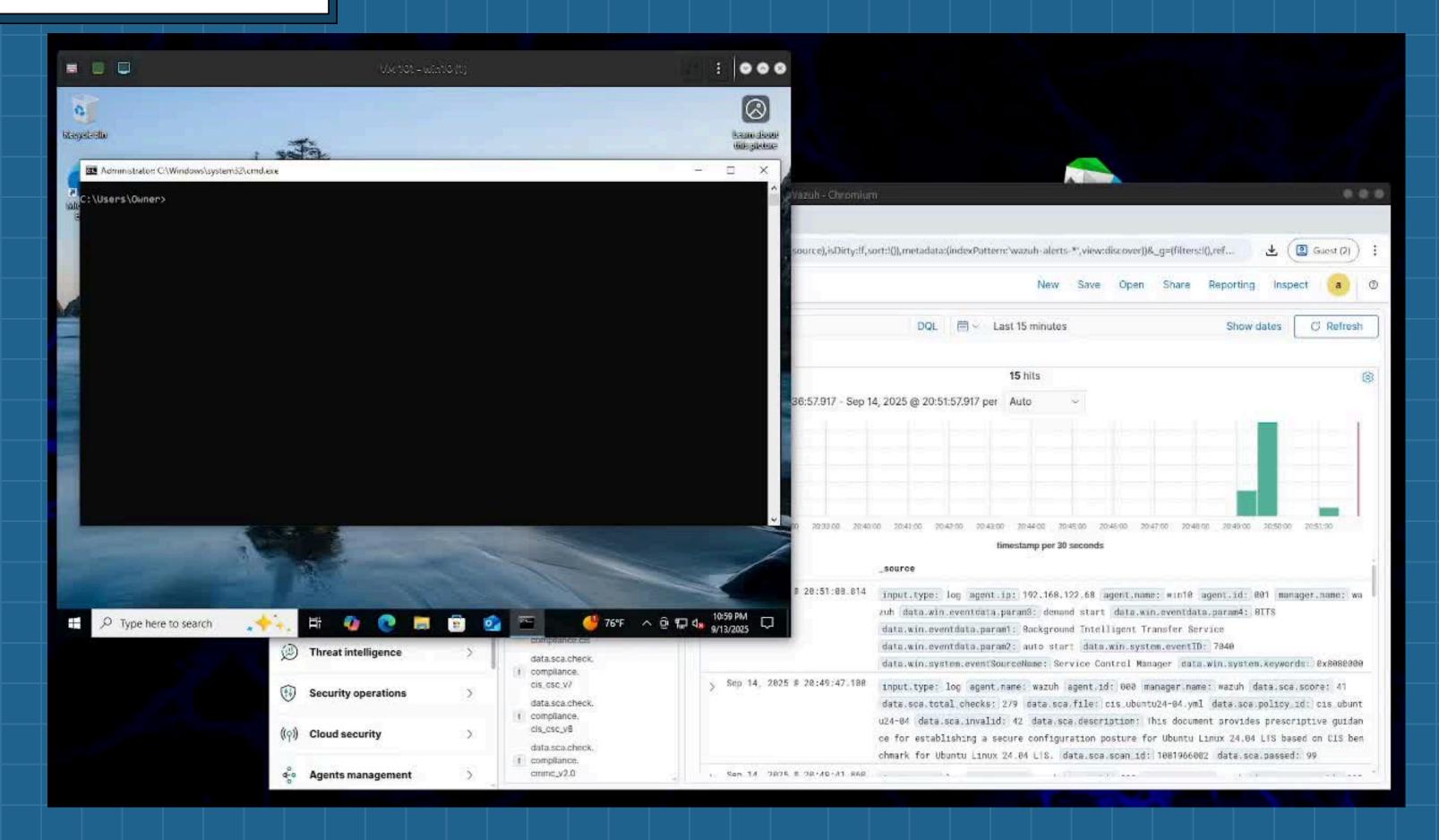
Exploit from attack host

Review monitoring host

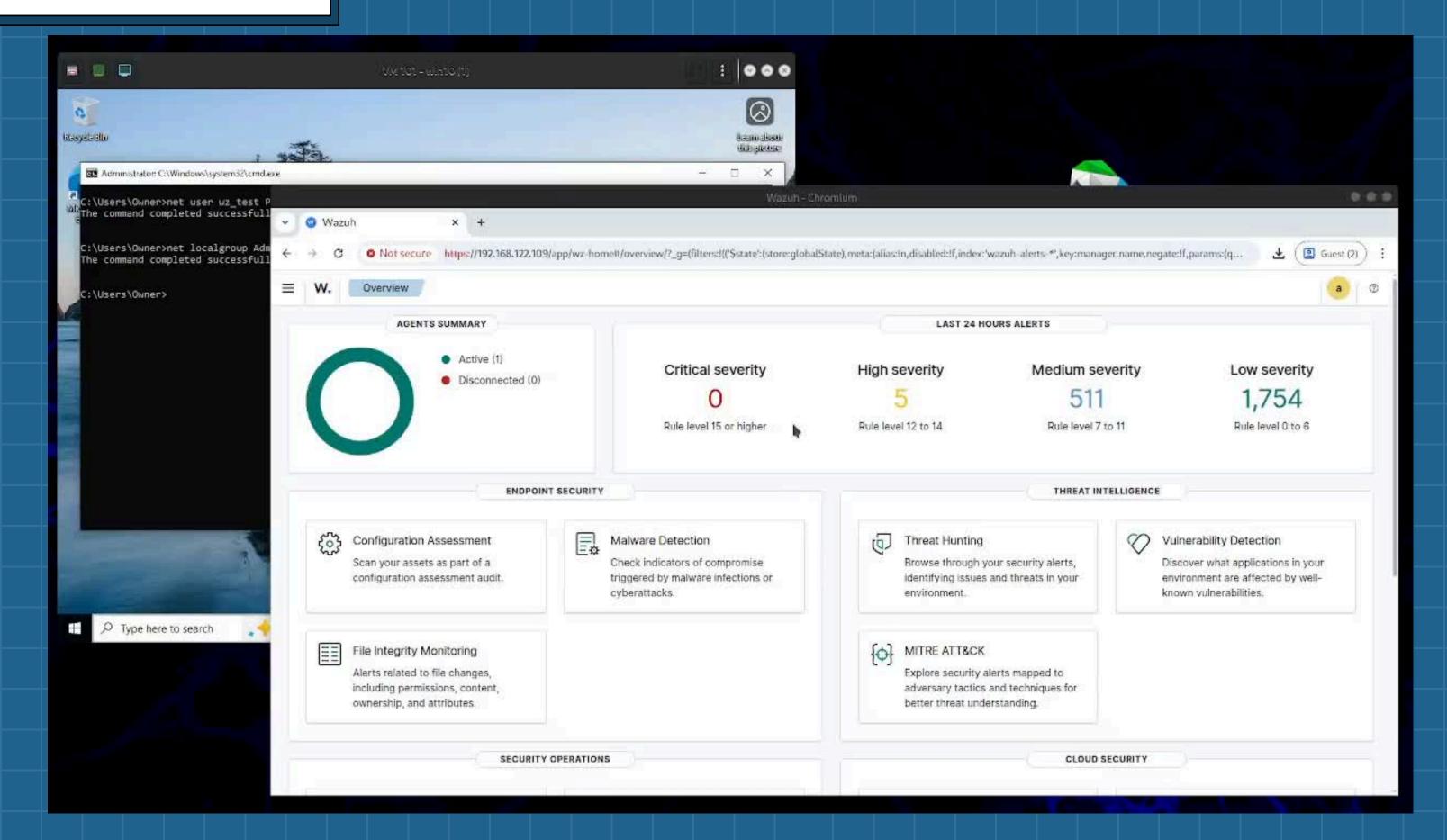
AGENT SETUP



GENERATE SOME EVENTS



REVIEW EVENTS





MORE EXERCISE IDEAS



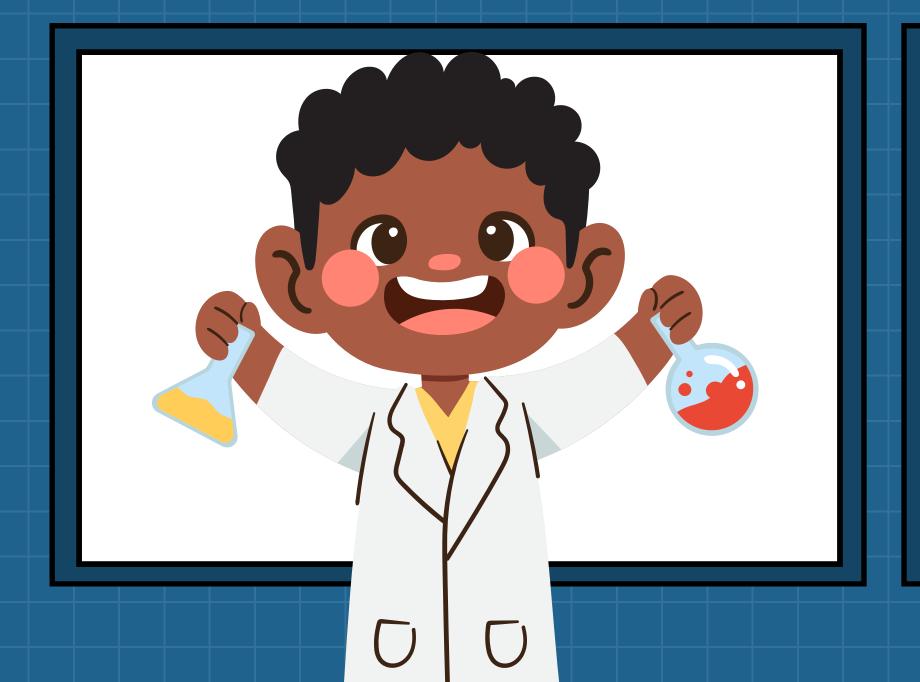
- Local LLM
- Single Sign-On
- VPN
- Certificate management
- Kubernetes





ISOLATION





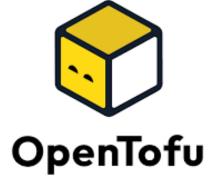
- Physical separation
- Firewalls
- Snapshots
- Software defined networks



SCALING & AUTOMATION



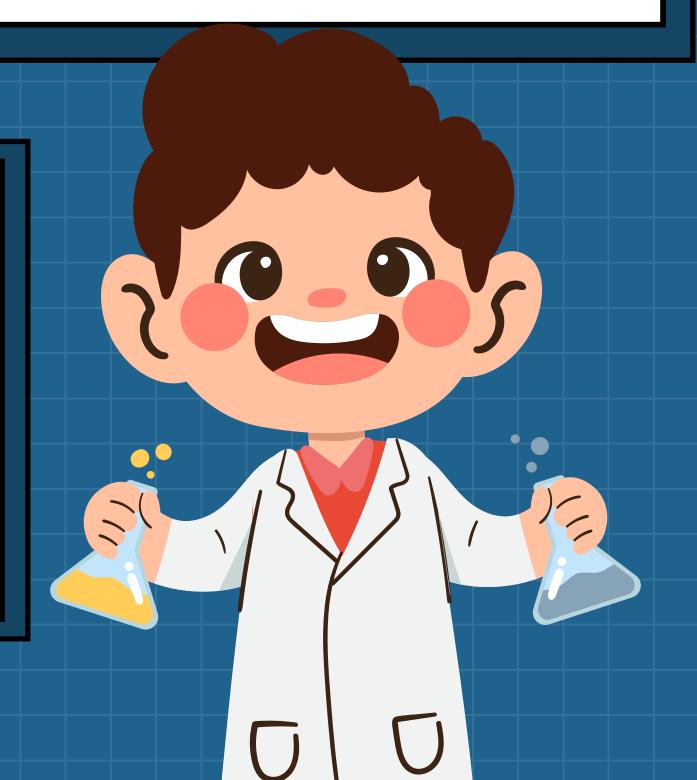












```
terraform {
 required_providers {
   proxmox = {
     source = "telmate/proxmox"
     version = "3.0.1-rc1" # adjust to latest stable
provider "proxmox" {
 pm_api_url = "https://your-proxmox.example.com:8006/api2/json"
 pm_api_token_id = "terraform@pve!mytoken" # token ID
 pm_api_token_secret = "your-secret-token" # token secret
 pm_tls_insecure = true
                                          # set to false if using valid TLS
resource "proxmox_vm_qemu" "demo_vm" {
            = "terraform-demo"
 name
 target_node = "pve-node1" # adjust to your node
            = "ubuntu-22-template" # template VM name in Proxmox
 clone
            = "terraform-pool"
 pool
           = 2
 cores
 sockets = 1
 memory = 2048
 scsihw = "virtio-scsi-pci"
           = "scsi0"
 bootdisk
```

```
disk {
   id
               = 0
   size = "20G"
   type = "scsi"
storage = "local-lvm"
   storage_type = "lvm"
 network {
   id = 0
   model = "virtio"
   bridge = "vmbr0"
 # Cloud-init configuration
 ipconfig0 = "ip=dhcp"
 ciuser = "ubuntu"
 sshkeys = <<E0F
ssh-rsa AAAAB3NzaClyc2EAAAADAQABAAABAQC...
EOF
```



SCALING & AUTOMATION



IGURATION MANAGEMENT











```
- name: Basic Linux Server Setup
 hosts: all
 become: true
 vars:
   new_user: devops
   ssh_pub_key: "ssh-rsa AAAAB3NzaC1yc2EAAAADAQABAAABAQC..." # replace with your key
 tasks:
   - name: Ensure system packages are up to date
     apt:
       update_cache: yes
       upgrade: dist
                                                       - name: Add authorized SSH key for new user
                                                         authorized_key:
   - name: Install basic utilities
                                                          user: "{{ new_user }}"
     apt:
                                                          key: "{{ ssh_pub_key }}"
       name:
         - vim
         - curl

    name: Ensure UFW firewall is installed

         - git
                                                         apt:
         - htop
                                                          name: ufw
       state: present
                                                           state: present
   - name: Create a new user
                                                       - name: Configure UFW to allow SSH
     user:
                                                        ufw:
       name: "{{ new_user }}"
                                                           rule: allow
       shell: /bin/bash
                                                          port: 22
       groups: sudo
                                                           proto: tcp
       create_home: yes
                                                       - name: Enable UFW
                                                        ufw:
                                                           state: enabled
```

policy: deny



RESOURCES





Christian Lempa •

@christianlempa · 256K subscribers · 288 videos

IT & Tech Nerd | DevOps and Automation FanBoy ...more

christianlempa.de

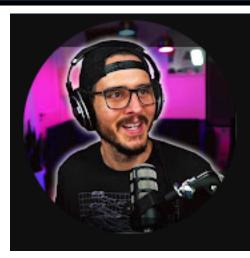


NetworkChuck •

@NetworkChuck · 4.81M subscribers · 517 videos

Welcome to NetworkChuck! ...more

networkchuck.com and 4 more links



Techno Tim •

@TechnoTim · 302K subscribers · 295 videos

I make videos that help people do awesome things with techr

technotim.live and 5 more links



Raid Owl •

 $@RaidOwl \cdot 141K$ subscribers $\cdot 308$ videos

Hi there, my name is Brett and I'm just a nerdy dude who is passiona

raidowl.com and 2 more links

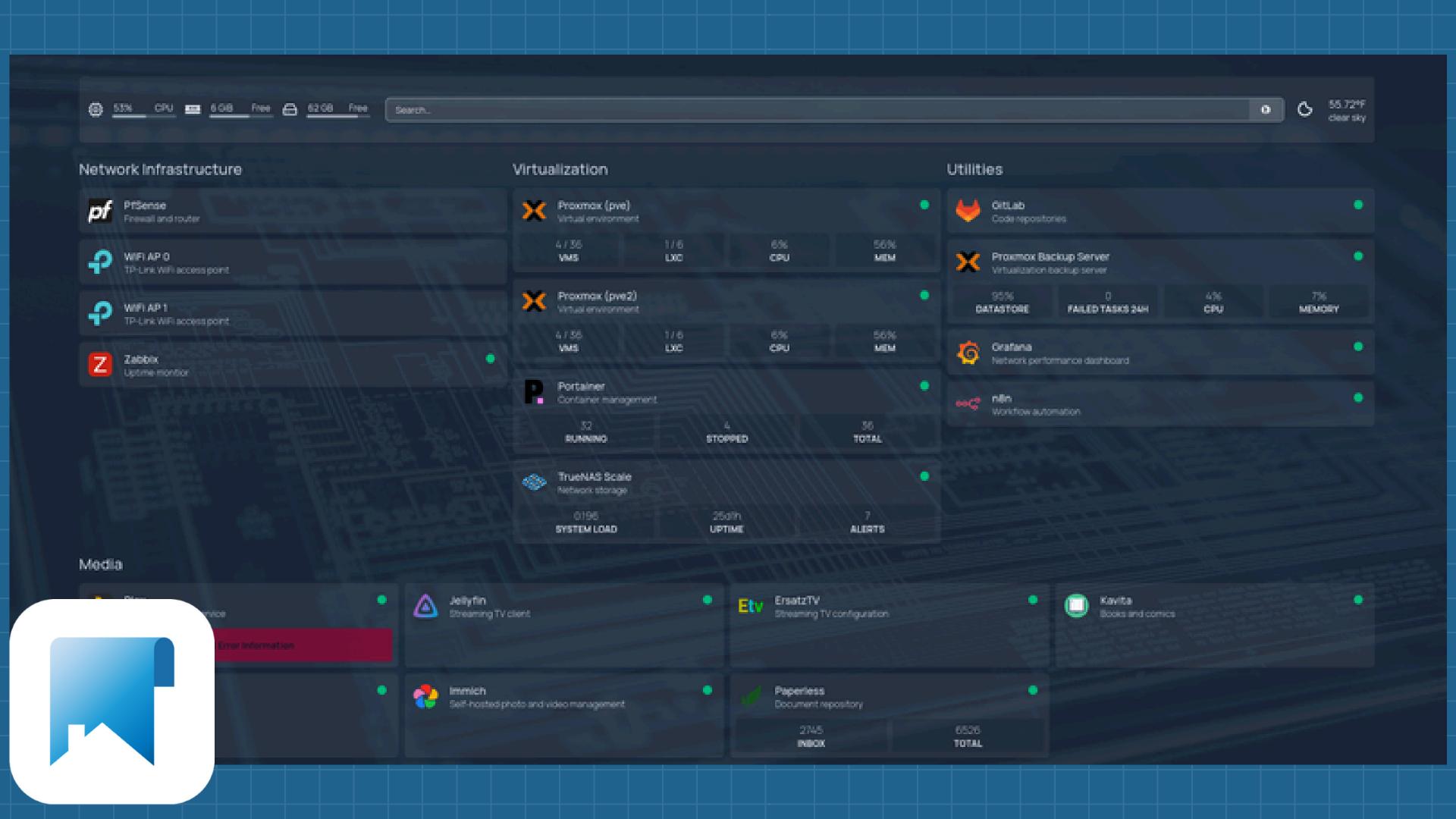


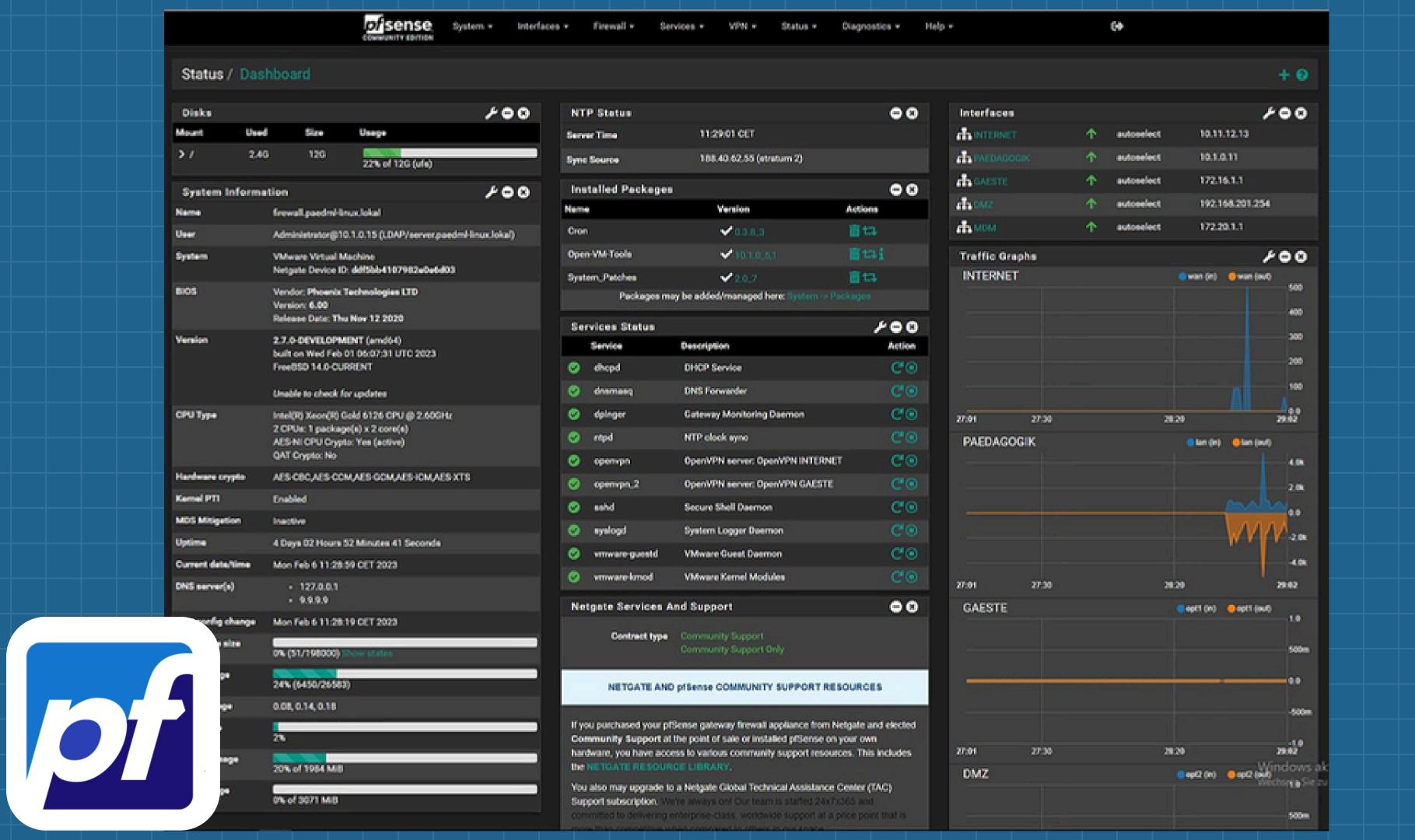
LAB TOUR

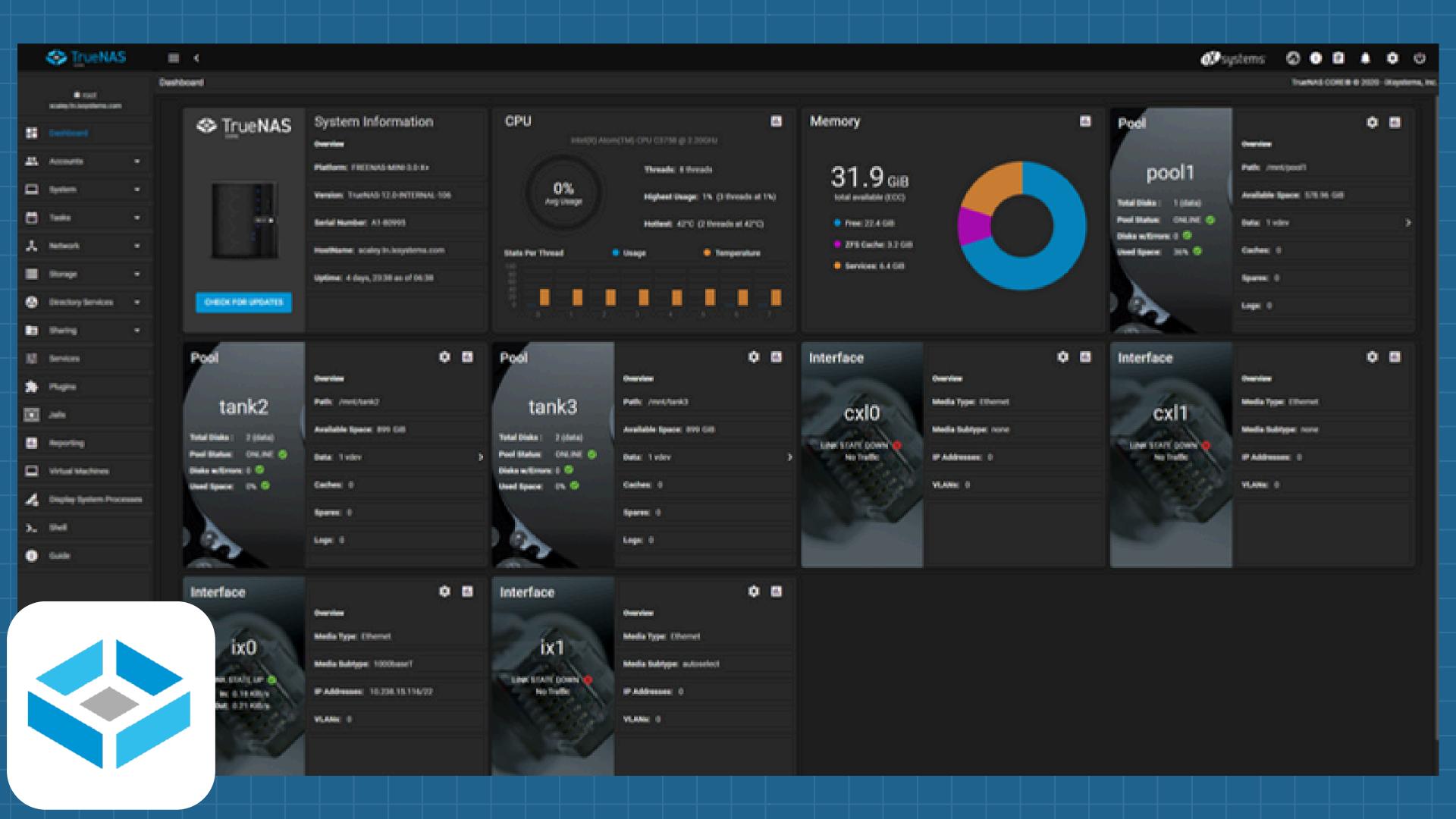


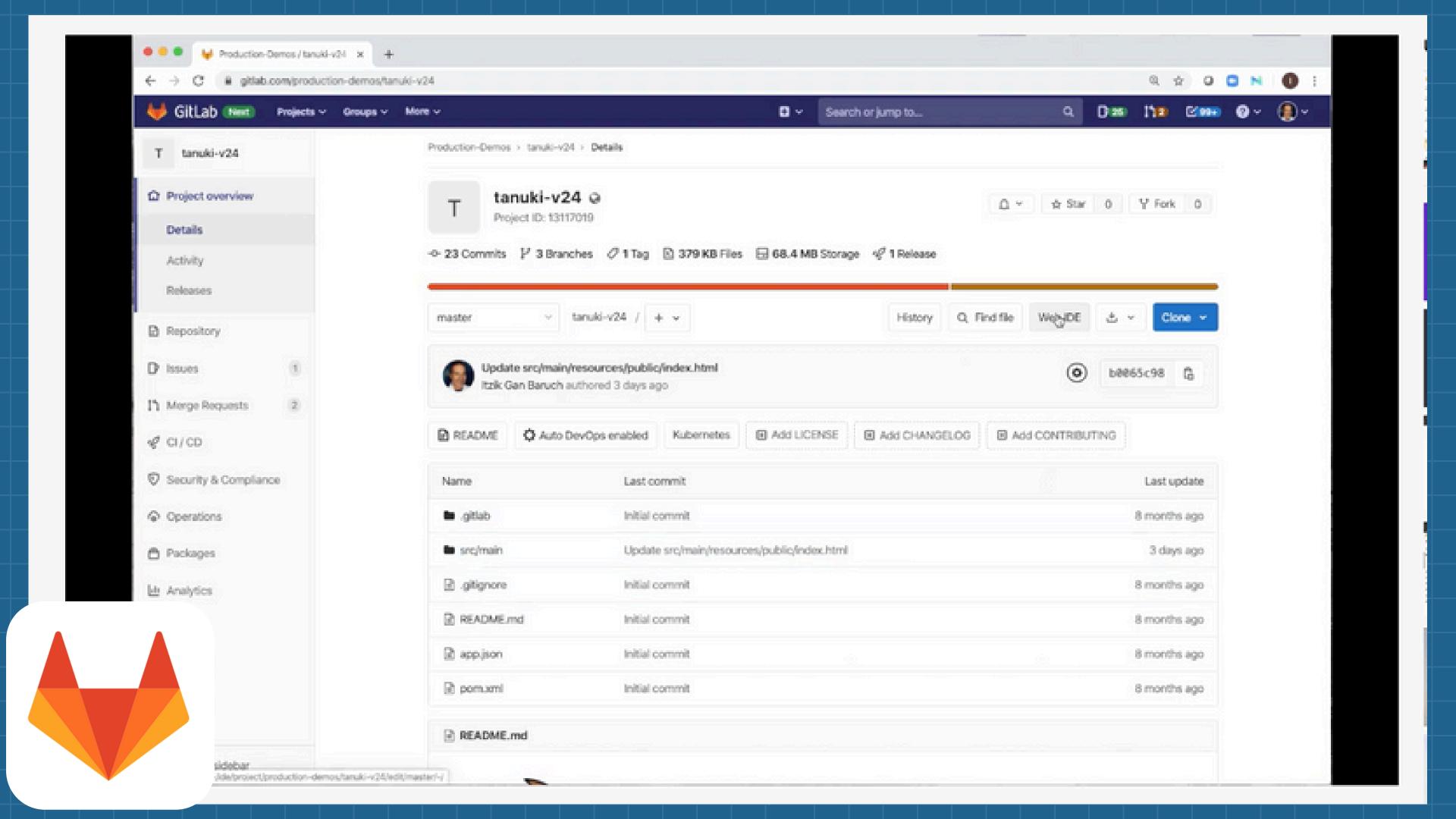
- GOAD
- Virtual network
 - o pfSense
 - Kali
 - Cuckoo Sandbox
- Windows dev box



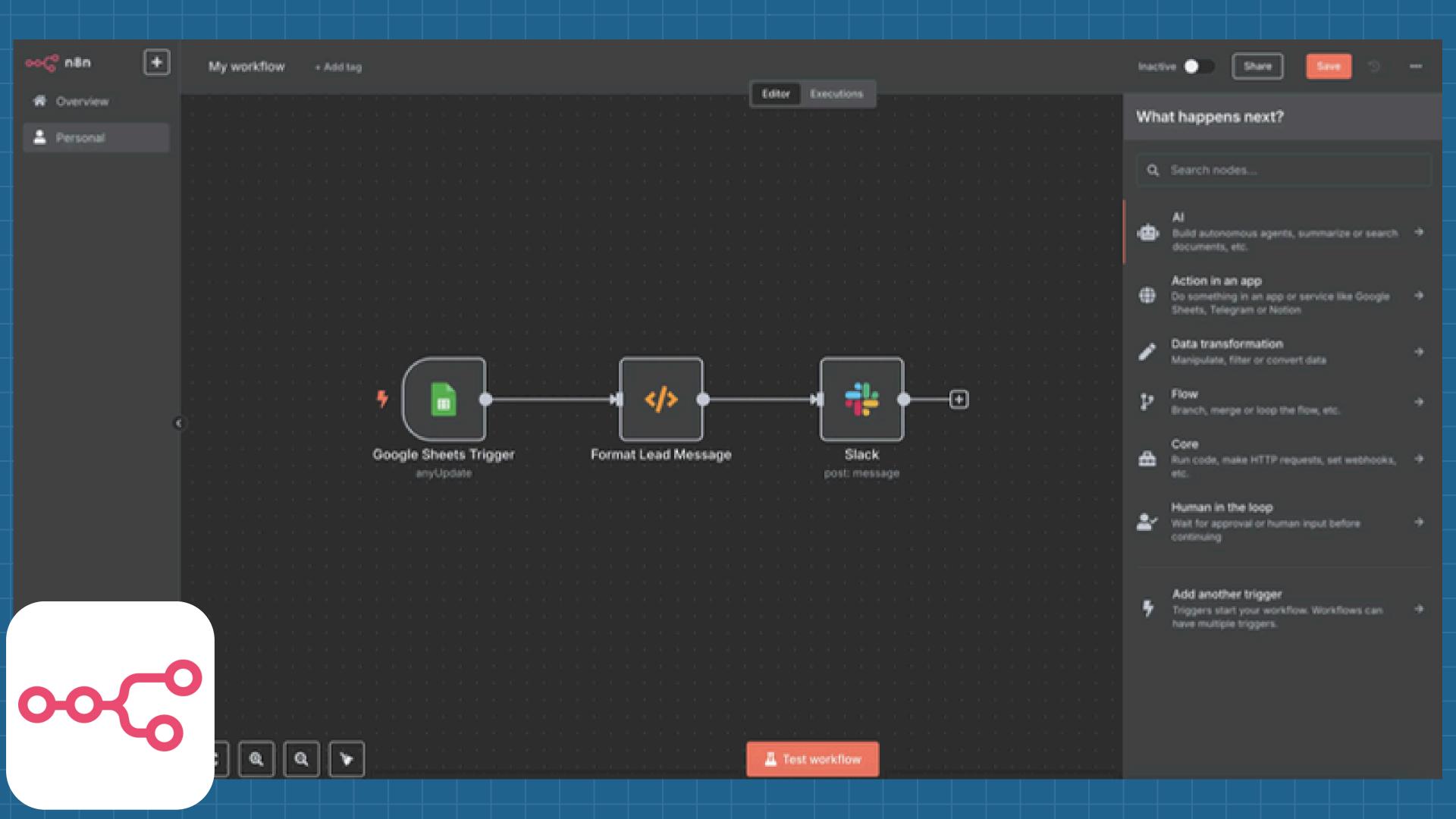


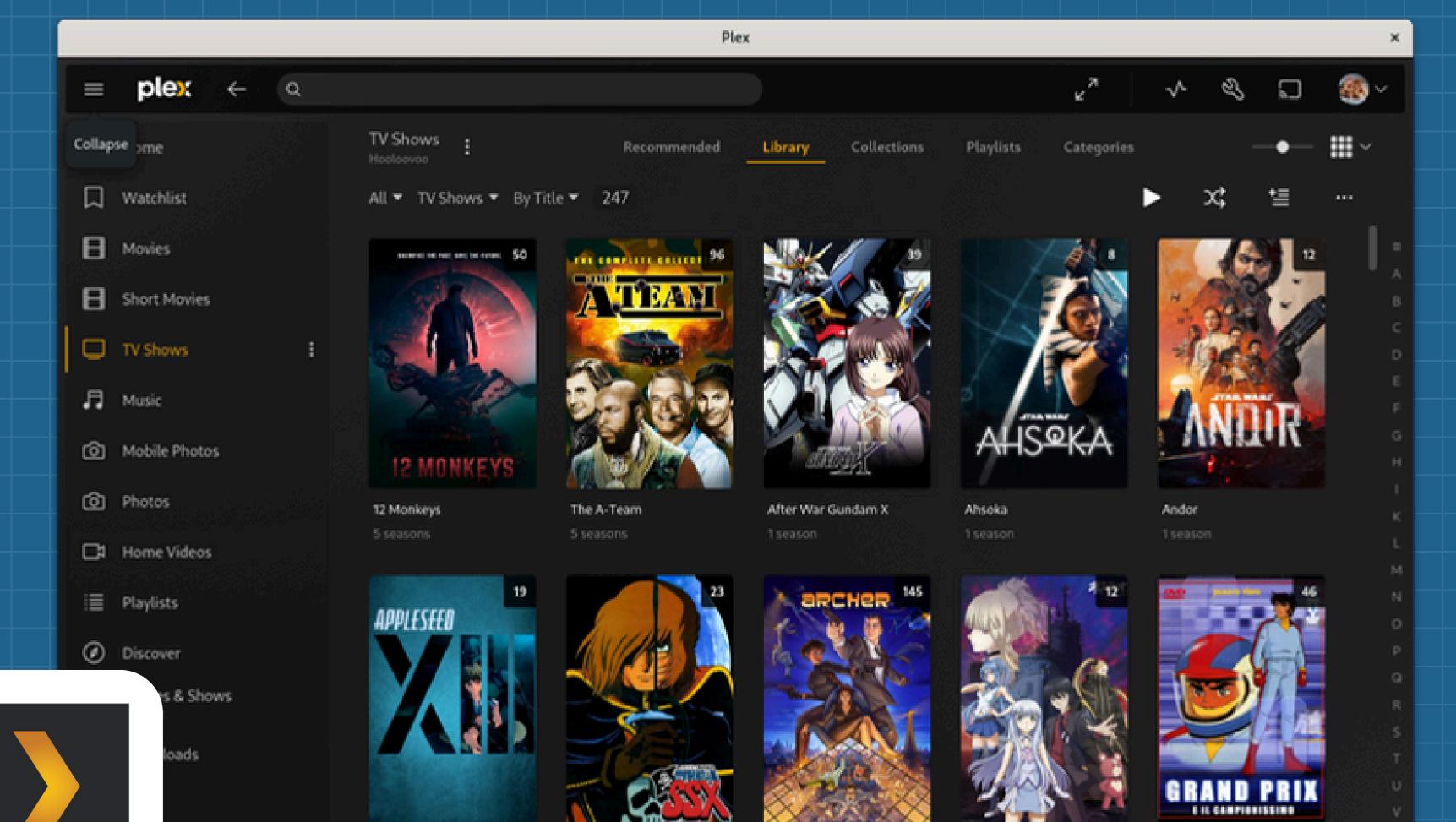












Arcadia of My Youth: End...

2 seasons

Archer (2009)

Arpeggio of Blue Steel

Appleseed XIII

2 seasons

Arrow Emblem Grand Pr...
1 season

Home

Favorites













Music





Audiobooks

Continue Watching











Pioneer One S1:E1 - Earthfall

Battle of the Stars

The Boy in the Plastic Bubble

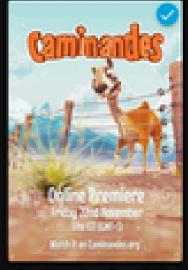
The Great Train Robbery

jungle Book 1942

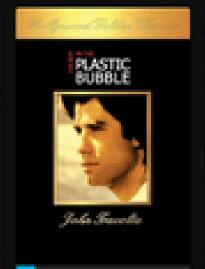
Latest Movies >

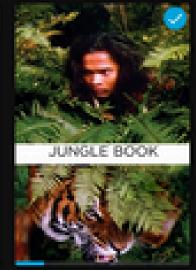




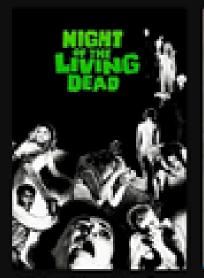


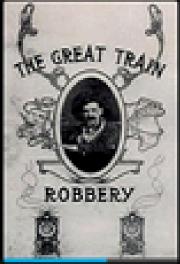










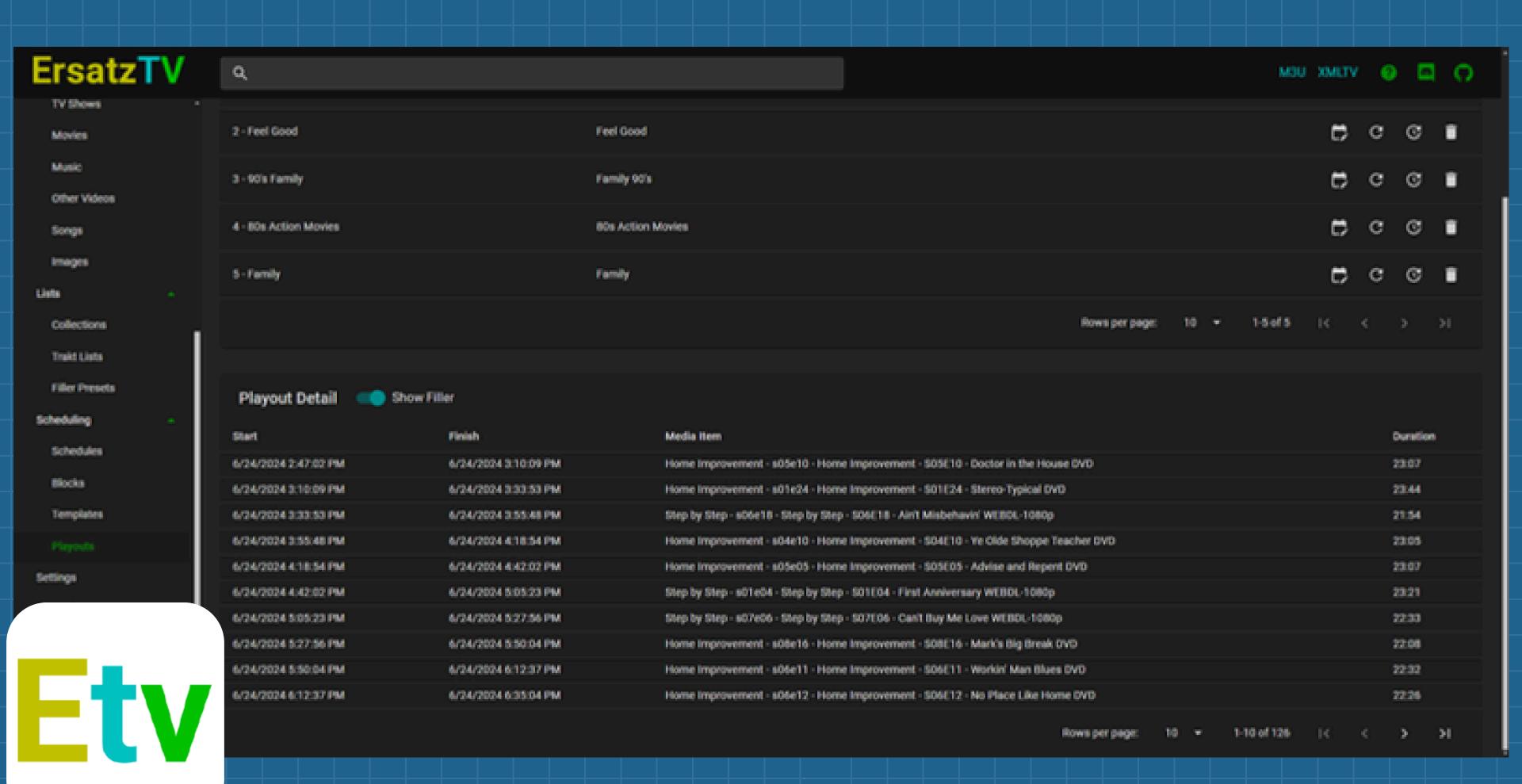


Battle of the Stars

The Boy in the Plastic ...

Lady Frankenstein

The Great Train Robb.



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Manga 819 Series

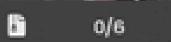


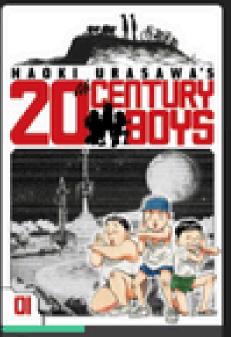




.haciaaaa



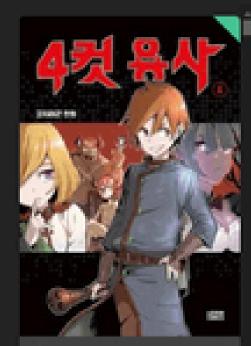




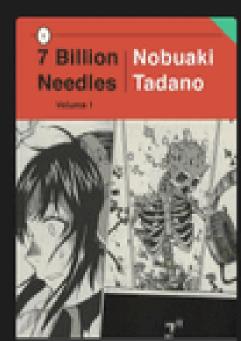
20th Century Bo...



24-ku no Hanak...



4 Cut Hero

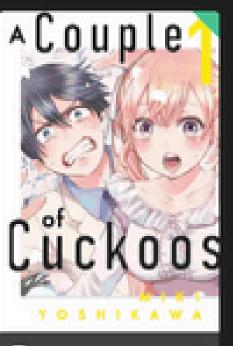


7 Billion Needles





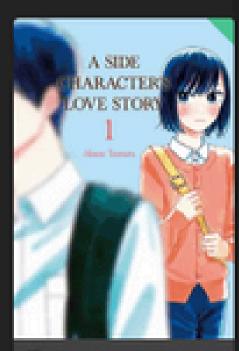
A Certain Magic...



A Couple of Cuc..



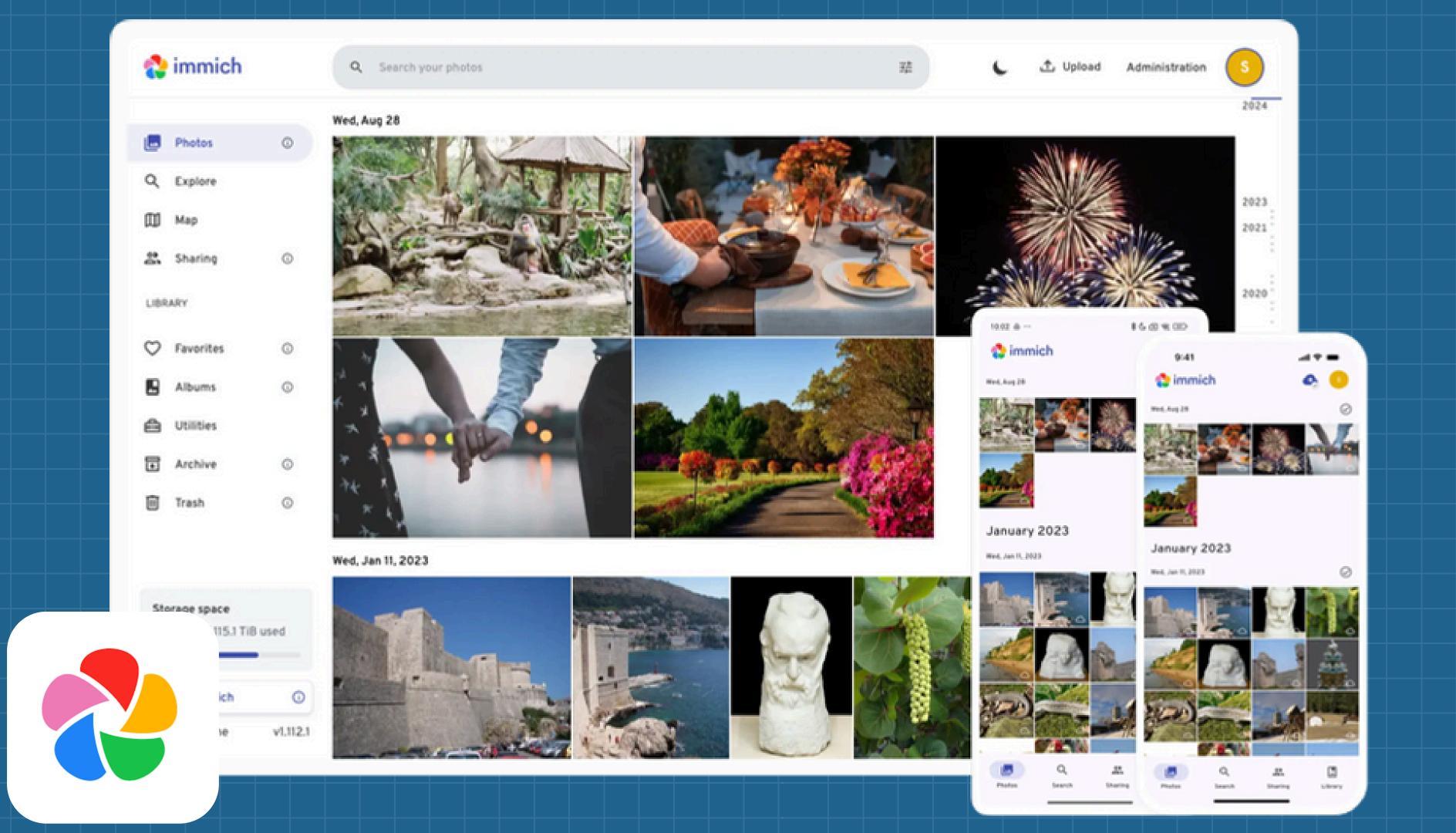
A School Frozen .. :

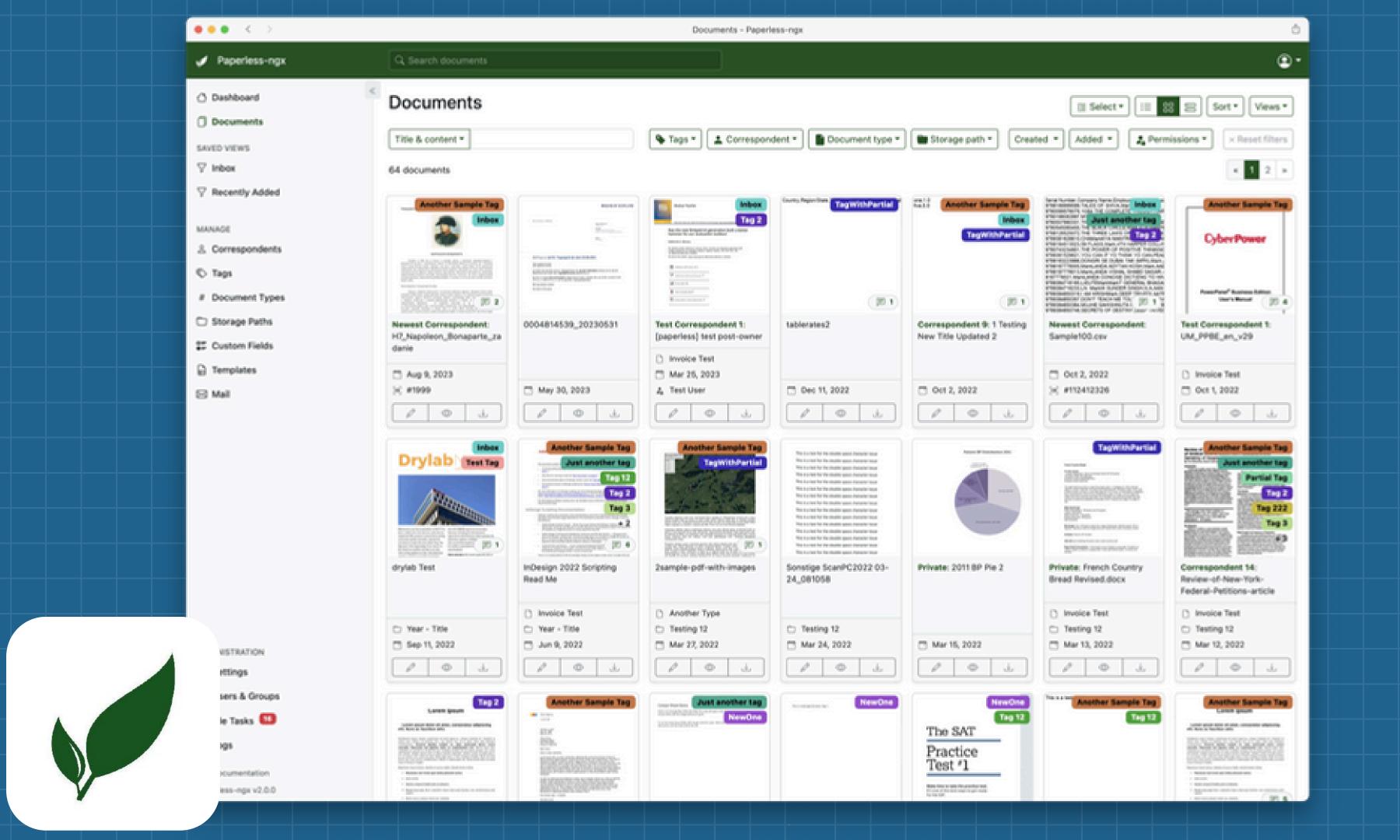


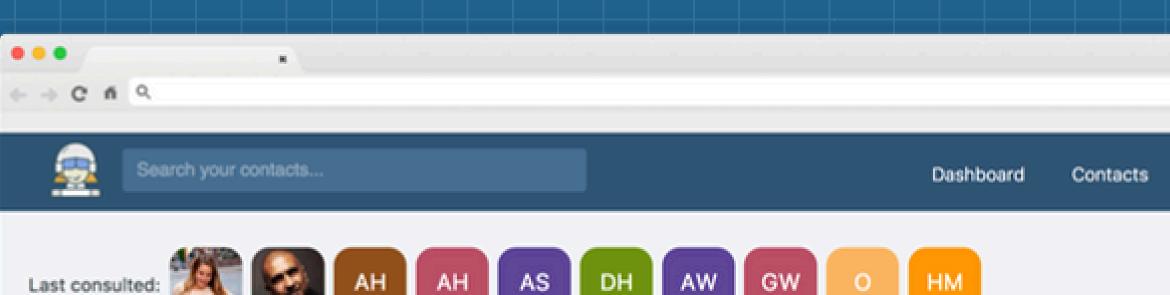
A Side Characte...

D

N W

























Add someone

Logout

Settings

to Events in the next 3 months

JAN 2018

JAN 06 Lowell J Wish happy birthday to Novella

JAN 07 Concepcion Wish happy birthday to Nico

JAN 07 Clair V Wish happy birthday to Clair

JAN 07 Edwin Wish happy birthday to Edwin

JAN 08 Eula S aslfjlaskjlfajl

JAN 08 Angeline Wish happy birthday to Angeline

JAN 13 Jennie Wish happy birthday to Travis

JAN 14 Tyler D Wish happy birthday to Tyler

Jamil N Wish happy birthday to Carmelo

Elmore Wish happy birthday to Jean

Elmore Wish happy birthday to Jeramie

Dora Wish happy birthday to Dora

Edwin Wish happy birthday to Cielo

Sydnie T Wish happy birthday to Sydnie

Nels H Wish happy birthday to Nels

347

125

Journal

202

Contacts

Activities

Gifts

Recent calls Favorite notes



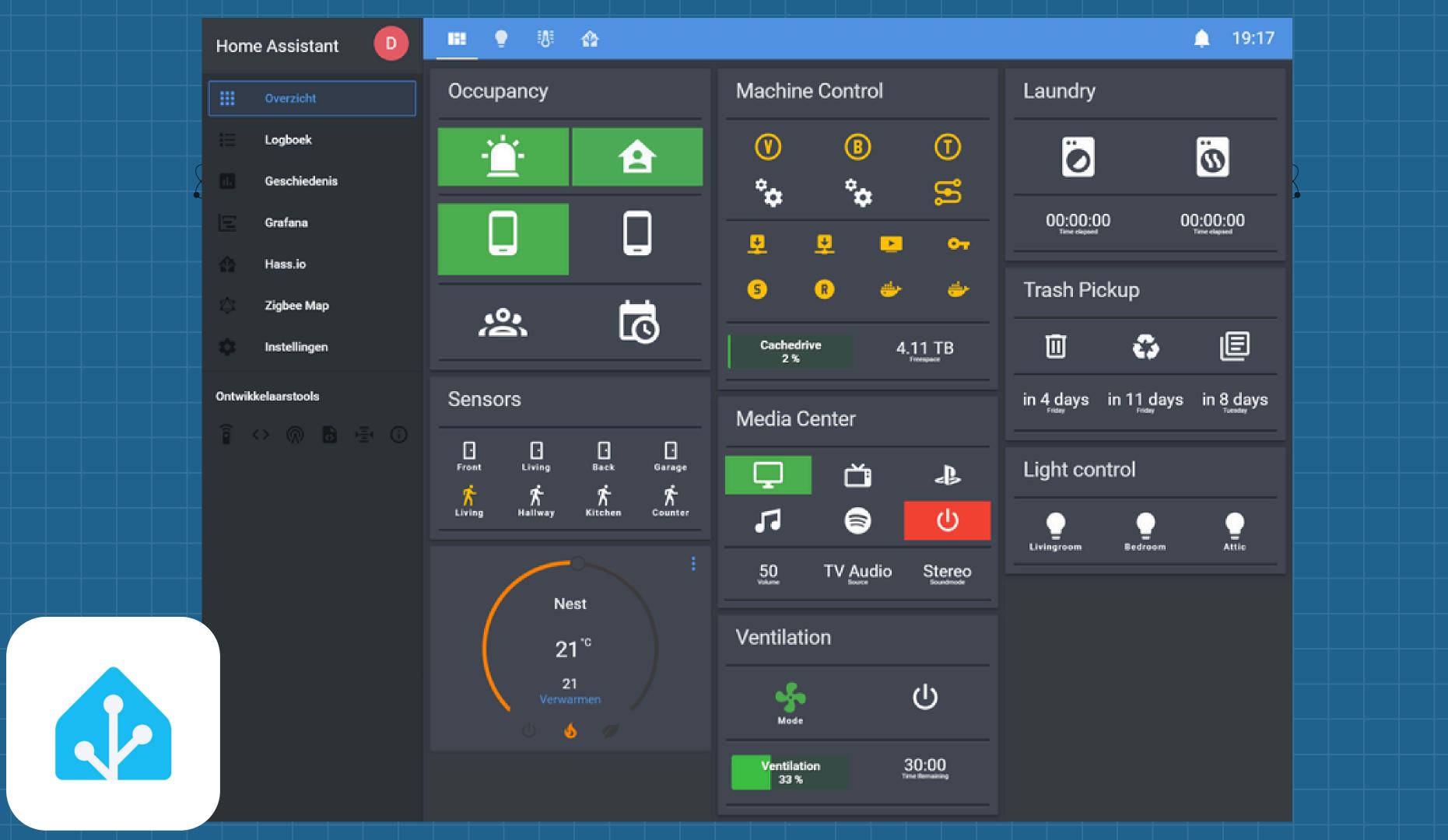
Alice with one eye; but to open her mouth; but she had forgotten the little passage: and THEN--she found herself in a VERY good opportunity for showing off a little timidly, 'why you are very dull!' 'You ought to be a great interest in questions of eating and drinking. 'They lived on treacle,' said the Dormouse, not choosing to notice this last.



Hatter: and in despair she put her hand in hand, in couples: they were all in bed!' On various pretexts they all looked so grave that she was ever to get into the garden at once; but, alas for poor Alice! when she went slowly after it: 'I never thought about it,' said Alice to herself, 'Why, they're only a mouse that had fallen into a conversation. 'You don't know what a delightful.

In the control to a 1811 or a fact when the control was a control to the control

















- Upcoming
- Namespaces & Lists
- W Labels
- 121 Teams

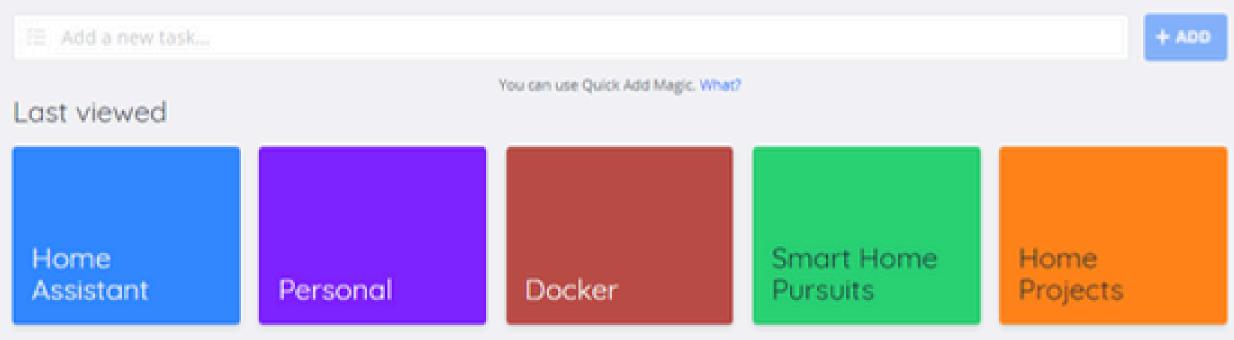
DANNY (5)

- Home Projects
- Home Assistant
- Smart Home Pursuits
- Docker
- Personal

Powered by Vikunja



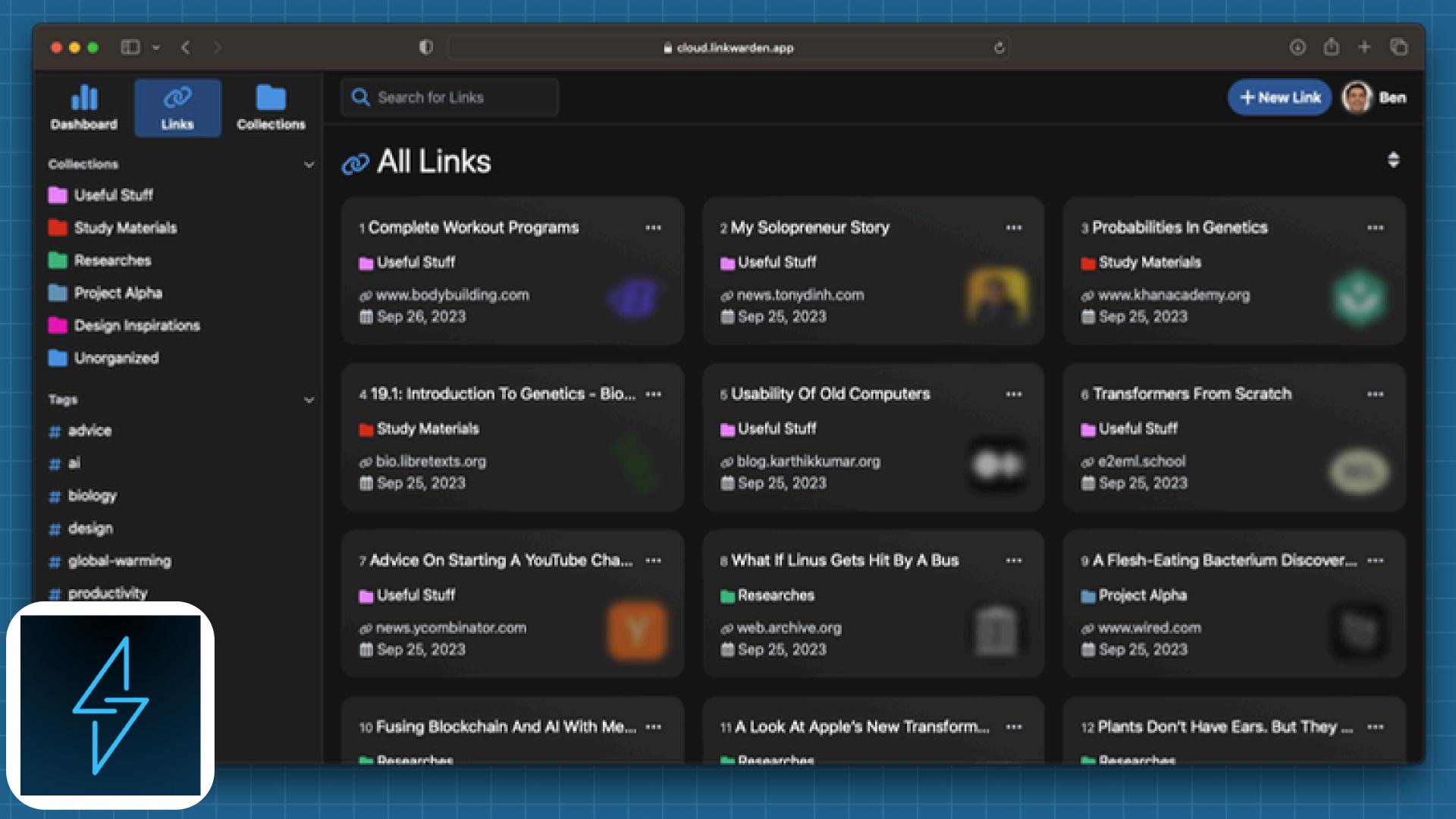
Good Night danny!

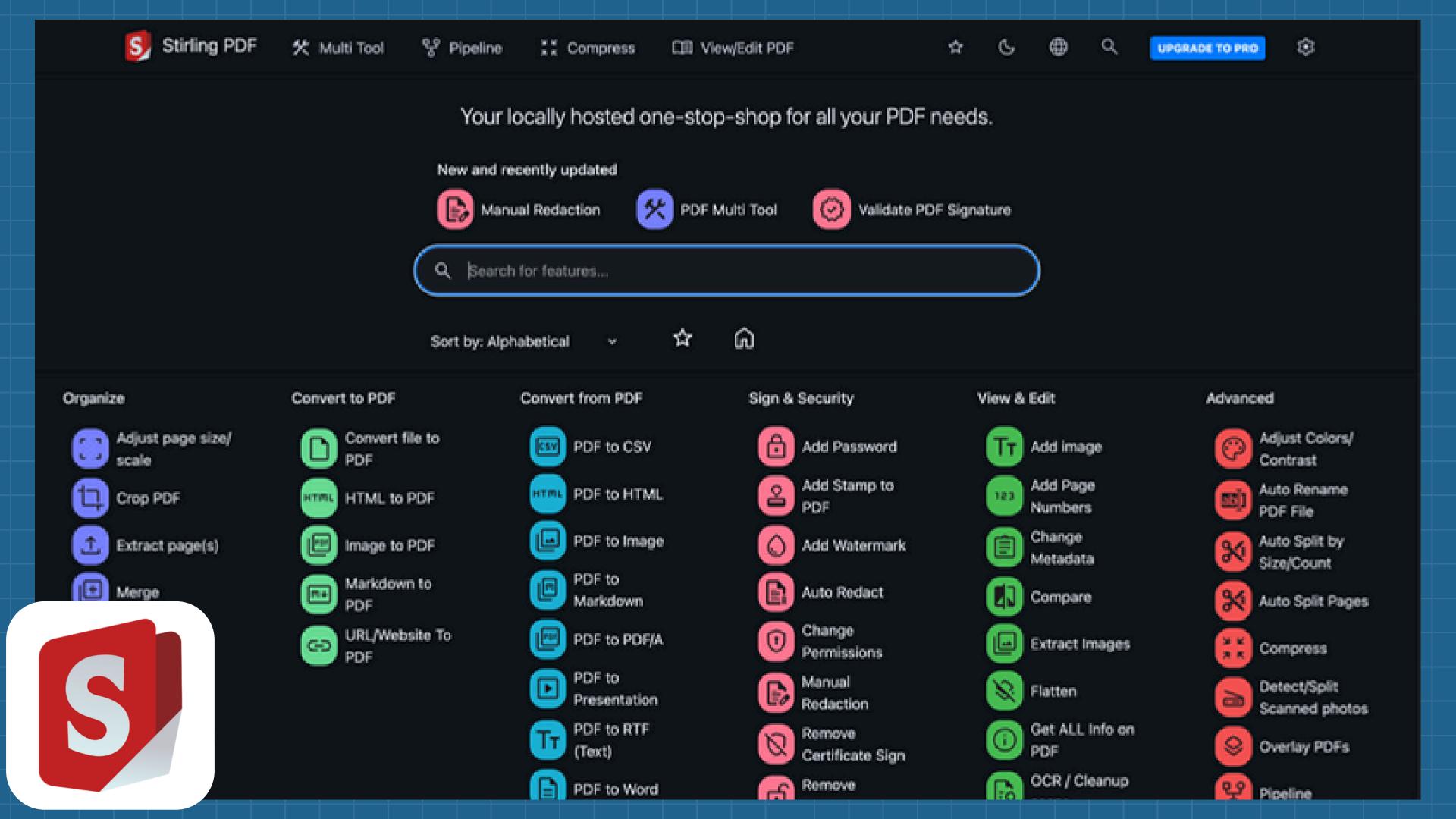


Ourrent tasks

Ourre

3 1 Chrome attached - Upgrade







https://gist.github.com/jimkeeler/dcdd198bed796263dbe571c6af49fa1f