USB to serial: install the appropriate driver for your OS before connecting the convertor. Drivers are in folder “2303 all driver” on the CD. Remark: does not work for Windows 8(.1).
Your laptop:
Assign static address Ethernet: 10.0.0.2/255.0.0.0
Connect white network cable to FastEthernet 0/0 connector
Connect white network cable to your laptop's Ethernet port
Connect blue console cable to CONSOLE connector
Connect blue console cable to USB-to-serial adapter
Launch Putty, serial mode, select COM? Port (look in device manager)
Power on the router.

Wait a couple of minutes (3:06) until the router is up and running.

You will then be able to type the RETURN-key and see Router> prompt.
With Putty, telnet into 10.0.0.1
Type password cisco
Type enable
Type the wrong password: kriek
Type the correct password: cisco
show region
show version (+ space)
show processes (+ couple of spaces)
show running-config (+ couple of spaces)
show memory (+ couple of spaces, then CTRL-C, CTRL-C)
ping 10.0.0.1
ping 10.0.0.2
firewall
start tftpd32
write core
10.0.0.2
<RETURN>
This will take around 19:58. Use this time to install Python (if not yet installed).

move files Router-coreiomem and Router-core to workshop folder.
naft-gfe.py Router-coreiomem.pcap Router-coreiomem
naft-gfe.py Router-core.pcap Router-core
windump -r Router-core.pcap
windump -r Router-coreiomem.pcap
naft-icd.py cwstrings Router-core
naft-icd.py regions Router-core
naft-icd.py heap Router-core
naft-icd.py -r heap Router-core
naft-icd.py frames Router-core Router-coreiomem Router-coreiomem-2.pcap
naft-icd.py history Router-core
naft-icd.py events Router-core
naft-icd.py -rf “TTY data” heap Router-core
naft-icd.py -rsf “TTY data” heap Router-core

show flash

copy flash:c2600-ipbasek9-mz.124-17a.bin tftp
10.0.0.2
<RETURN>

move c2600-ipbasek9-mz.124-17a.bin to workshop folder

move c2600-ipbasek9-mz.124-17a-verify.bin to workshop folder

naft-icd.py checktext Router-core c2600-ipbasek9-mz.124-17a.bin
naft-icd.py checktext Router-core c2600-ipbasek9-mz.124-17a-verify.bin

naft-ii.py c2600-ipbasek9-mz.124-17a.bin
naft-ii.py c2600-ipbasek9-mz.124-17a-verify.bin