Nmap	
no ping targets	nmap -Pn
specific port	nmap -p80
specific port list	nmap -p 80,443,23
specific port range	nmap -p 1-100
all ports	nmap -p-
Default ping scan	nmap -sP
TCP SYN ping scans	nmap -sP -PS
ARP Scan	nmap -sP -PR
service version	nmap -sV
Aggressive detection	nmap -A
Detect Operating System	nmap -O

Metasploit	
Display and Manage Jobs	jobs
Stop a Job	kill
Load a Plugin	load
Display Modules of a Type, or All Modules	show
Background the Current Session	background
Kill a Background Script	bgkill
Terminate Meterpreter	quit
Executes a Meterpreter Script	Run
Search for Files	search
Upload File to Target	upload
Information About the System	sysinfo

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