to a backup disk target. VMware has positioned VDR as a lower end backup product.

**MICROSOFT HYPER-V AND VSS**

Thanks to VSS, Microsoft got data protection for Hyper-V right from the get-go. In many ways, a VMware VADP backup cycle resembles backing up Hyper-V. A backup app dispatches a “quiesce” command to a Hyper-V VM via VSS to flush data in memory to disk; VSS then takes a snapshot and removes the freeze from the VM. Similar to VADP, the snapshot can then be replicated or mapped to a dedicated backup proxy server. The “quiesce” can be extended to VSS-enabled applications within VMs, but requires the so-called backup integration service installed on the VM, akin to VADP requiring VMware Tools.