Duplicator - WordPress Migration Plugin

https://wpdemo.net/demos/plugins/duplicator

With over 15 million downloads Duplicator successfully gives WordPress users the ability to migrate, copy, move or clone a site from one location to another and also serves as a simple backup utility. Duplicator handles serialized and base64 serialized replacements. Standard WordPress migration and WordPress backups are easily handled by this plugin as are zero downtime migrations.

Duplicator is the most powerful migrator available. It enables you to:

- Move, migrate or clone a WordPress site between domains or hosts with zero downtime
- Pull down a live site to localhost for development
- Transfer a WordPress site from one host to another
- Manually backup a WordPress site or parts of a site
- Duplicate a live site to a staging area or vice versa
- Bundle up an entire WordPress site for easy reuse or distribution
- Perform a full WordPress migration without struggling with messy import/export sql scripts