Install adb on your system (Linux, Windows or macOS) then restart the adb server and only after that plug-in your Android device. Check the adb connection with the command listed down here on your terminal/cmd:
\$ adb list
When you see your device as the result of executing the above command, it is time to run the primary command:
\$ adb shell am start -n com.android.chrome/com.google.android.apps.chrome.Main
If the above command opens a Google Chrome tab or window, you will disable security by your command order.