Before you begin with the recitation (qirā'ah: reciting certain Qur'ānic chapters in the prayers), you may say the statement of seeking protection (isti`ādah) in a low tone:

I pray Allah’s protection from Satan, the accursed.

You may then recite Sūrah al-Fātihah (No. 1) observing all etiquettes, having your heart present, and pondering while that is as much as one breath. Then, you may recite any Sūrah of the Holy Qur'ān, although it is advisable to recite such Sūrahs as Sūrah al-Naba’ (No. 78), Sūrah al-Insān (or al-Dahr, No. 76), or Sūrah al-Qiyāmah (No. 75).

Upon finishing reciting the second Sūrah, you may also pause for a while that is as much as one breath. You may then raise your hands up to the lower part of your ears while uttering the Takbīr statement. You may then genuflect, putting your right hand on your right knee and then your left hand on your left knee, opening up your fingers as if you are holding fast to your knees. You may also bow your back and stretch your neck at the level of your back, casting your sight on the space between your two feet and saying the following:

All glory be to my Lord, the All-great, and in praise of Him.

It is highly advisable to repeat this statement seven, five, or three times. Before that, you may have said the following:

O Allah, to You alone have I genuflected, to You alone have I submitted, in You have I believed, and in You have I put my trust. And You are my Lord. Revering to You are my hearing, my sight, my hair, my skin, my flesh, my blood, my brain, my nerve, my bones, and whatever is borne by my two feet. I am neither disdaining, nor arrogant, nor regretful. May Allah listen to him who praises Him.
You may then utter a Takbîr statement and fall down for prostration with full submission and reverence. You may stretch your palms and put them on the ground before you put your knees on the ground. You may prostrate on a prostration-clay made of the soil taken from Imam al-Husayn’s tomb. While prostrating yourself, you should utter the statement of prostration once although it is favorable to repeat it seven, five, or three times. Before that, you may have said the following:

O Allah, to You (alone) do I prostrate,
in You do I have faith,
to You do I submit,
in You do I put trust,
and You are my Lord.

My face is prostrating the One Who has created it and split its hearing and sight.

All praise be to Allah, the Lord of the Worlds.
Blessed be Allah, the most excellent of all creators.

You may now say the prostration statement. Then, you may raise your head from the position of prostration and sit down. While doing this, it is recommended to utter the Takbîr statement and to sit on your hip, saying the following:

I implore Allah, my Lord, for forgiveness and I repent to Him.

You may also say the following:

O Allah, (please) forgive me, have mercy upon me, set aright my affairs, defend me, and grant me wellbeing.

Surely, I stand in need of whatever good You may send down to me.

Blessed be Allah, the Lord of the Worlds.

You may then say Takbîr and prostrate again, doing the same as what you have done in the first prostration. You may then raise your head and sit for rest. You may then stand up saying,

With the might of Allah and with His power, I stand up and sit down.

بِحُوَّلِ اللَّهِ وَقُوْتُهُ أَقُومُ وَافْعَدُ

اللَّهُمَّ لَكَ سَجَدْتُ
وَبِكَ أَمَنتُ
وَلَكَ اسْلَمْتُ
وَعَلِيكَ تُوْكَلْتُ
وَأَنْتَ رَبَّي
سَجَدْتُ وَجَهِي لِلَّذِي خَلَقَهُ
وَشَقَ السَّمَعَةَ وَبَصَرَهُ
الَّهَمُ لَهُ رَبُّ أَلْعَالِمِينَ
تَبَارَكَ الْلَّهُ اْحْسَنُ أَلْخَالِقِينَ

اللَّهُمَّ إِنِّي لِمَا أَنْزَلْتُ إِلَيْ مِنْ خَيْرٍ
فَقِيرٌ
تَبَارَكَ الْلَّهُ رَبُّ أَلْعَالِمِينَ

اللَّهُمَّ أُغْفِرْ لِي وَآَخَرَمْنِي
وَأَجْبَرْتِي وَآَدَافِعَ عَنِي وَعَافِنِي
إِنِّي لِمَا أَنْزَلْتُ إِلَيْ مِنْ خَيْرٍ
فَقِيرٌ
لَبَارَكَ الْلَّهُ رَبُّ أَلْعَالِمِينَ
When you stand erect, you should recite Sūrah al-Fātihah and another Sūrah, preferably Sūrah al-Tawḥīd, after which you may say the following three times:

Such is Allah, my Lord.

You may then say the Takbīr statement and raise your hands to the level of your face turning the inner surface (i.e. palm) of your hands towards the sky and combining all your fingers, except the thumb, together and say any of the Qunūt supplications, preferably choosing words of praying for relief. After that, you may say the following:

O Allah, (please) forgive us, have mercy upon us, endue us with wellbeing, and pardon us in this world and in the Hereafter. Verily, You have power over all things.

You may say the following thereafter:

O Allah, if there is any one who begins his day by putting his trust and his hope in any one other than You, then You (alone) is my trust and my hope. O most magnanimous of all those who may be besought! O most merciful of all those whose mercy may be prayed! (Please) send blessings upon Muhammad and the Household of Muhammad, have mercy upon my weakness, neediness, and lack of solution, bestow upon me with Paradise out of Your favoring, set my neck free from Hellfire, and endue me with wellbeing in my self and in all of my affairs,
in the name of Your mercy, O most merciful of all those who show mercy.

Islam is advisable to spend much time in Qurūnūt, since the supplications to be said in Qurūnūt are too many. Click here for Qurūnūt

You may then say the Takbīr statement, bow down, and prostrate yourself as has been previously recommended.

In the Ruku, of the last rakaat, after Zikr recite salawat in this way: "Allahumma Sali Ala Muhammadin wa aali Muhammad wa Taraham ala Aajizna wa Aghisna Bihakkihim."

In second Sajdah of the final Rakat one should pray to Allah swt and express his wishes, and should recite this supplication:

O You Who are the best from whom people seek their needs, and O You, Who are the best bestower of gifts! Give me and the members of my family sustenance with Your grace. Undoubtedly You possess the greatest grace.

Ya Khayral Mas'ulin wa Ya Khayral Mu'tin, Urzuqni warzuq 'Ayali Min Fazlika Fa Innaka Zulfazlil 'Azim

It is also Mustahab in Tashahud, to place one's hands on one's thighs, with joined fingers, and to look at one's laps, and to say this after tashahhud and salawat:

And accept his intercession* and elevate his rank (referring the Holy Prophet)

Wa taqabbal shafa'atahu warfa' darajatu

Upon completing the two prostrations (of the last unit of prayer), you may sit down to utter the statements of tashahhud and taslim. It is recommended to sit on your hips and to say the following before the tashahhud statement:

In the Name of Allah (I begin) and in Allah (I trust).

All praise be to Allah.

The most excellent names be to Allah.

I bear witness that there is no god save Allah.