Go back and pray, for you have not prayed

Abu Hurayrah (may Allah be pleased with him) reported: The Messenger of Allah (may Allah's peace and blessings be upon him) entered the mosque, and then a man came in and prayed. He greeted the Prophet (may Allah's peace and blessings be upon him), who responded and said: "Go back and pray, for you have not prayed." He went back and prayed as he had prayed, then, he came to the Prophet (may Allah's peace and blessings be upon him) and greeted him. He said: "Go back and pray, for you have not prayed," three times. So, he said: By the One Who sent you with the truth, I cannot do better than that. So teach me. He said: "When you stand to pray, say Takbīr (Allāhu Akbar), then recite whatever you can of the Qur'an; then bow until you are at ease in bowing; then rise until you are standing up straight; then prostrate until you are at ease in prostration; and then sit up until you are at ease in sitting. Do that throughout your prayer."

[Authentic] [Agreed upon]

The Prophet (may Allah's peace and blessings be upon him) entered the mosque, and a man entered after him and prayed two quick Rak'ahs (units of prayer) without being calm in his standing, bowing, and prostration. The Prophet (may Allah's peace and blessings be upon him) was observing him as he prayed. The man then went over to the Prophet (may Allah's peace and blessings be upon him) who was sitting in a corner of the mosque, and greeted him. The Prophet (may Allah's peace and blessings be upon him) returned his greeting and said to him: Go back and repeat your prayer for you have not prayed. He went back and prayed quickly as he did before, then he came and greeted the Prophet (may Allah's peace and blessings be upon him), who said to him: Go back and pray for you have not prayed. He did this three times. The man then said: By the One Who sent you with the truth, I cannot do better than that. So teach me. He (may Allah's peace and blessings be upon him) said to him: When you stand for prayer, say the opening Takbīr, then recite the Opening of the Qur'an (Surat al-Fātihah) and whatever else Allah wills for you to recite. Then bow down until you are at ease in your bowing, placing your palms on your knees and straightening your back, allowing your body to settle into the bowing position. After that, rise up and stand upright until your bones return to their joints and you stand straight. Then prostrate until you are at ease in your prostration, by ensuring that your forehead, nose, palms, knees, and the tips of your toes are on the ground. After that, raise yourself until you are at ease sitting between the two prostrations. Do this in every Rak'ah of your prayer.