

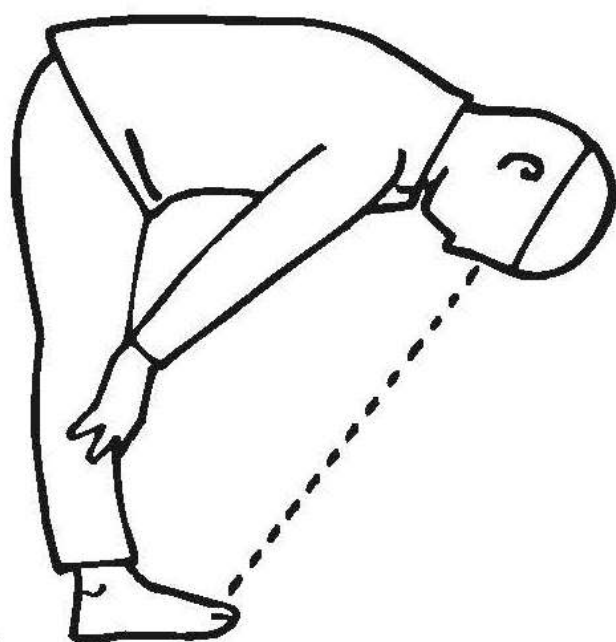
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## Rukoo

S

By saying **اللَّهُ أَكْبَرُ** "Allahu Akbar", Go down to Rukoo



After qiyaam bend down at the waist, place palms of the hands on the knees. Spread the fingers and hold the knees firmly. Back should be parallel to the ground, such that if a glass of water were on the back, it would not spill. Eyes looking down, between the big toes of the feet.

In the rukoo, read the following Tasbeeh at least three times

S

**سُبْحَانَ رَبِّيَ الْعَظِيمِ**

Subhana Rabbiyal-Azim

(Holy is my Creator, the Magnanimous)