

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

We have learnt how to do our ablution for Salah, then having intentions in our mind & heart (not saying it loud), then standing up for Salah which is called Qayyam and then Takbeer e oulah , which is saying ALLAH u Akbar and raising hands up to shoulders or ears.

Our Salah starts as soon as we say Allah u Akbar:

Rapping up your Hands on the chest in prayer:

Remember we are only going to see how holy prophet pbuh read his prayer and we must follow him.

Wa'il bin Hujr RA said:

"I said: 'I am going to watch how the Messenger of Allah (ﷺ) prays.' So I watched him and he stood and said the takbir, and raised his hands until they were in the level with his ears, then he placed his right hand over his left hand, on his chest. Sunan an-Nasa'i 889

Hazrat Halab RA says that he seen holy prophet pbuh placing his hands on his chest.

عَنْ سَهْلِ بْنِ سَعْدٍ قَالَ كَانَ النَّاسُ يُؤْمَرُونَ أَنْ يَضَعَ الرَّجُلُ الْيَدَ الْيُمْنَى عَلَى ذِرَاعِهِ الْيُسْرَى فِي الصَّلَاةِ.
قَالَ أَبُو حَازِمٍ لَا أَعْلَمُهُ إِلَّا يُنْبِئِي ذَلِكَ إِلَى النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ.

Narrated Sahl bin Sa`d:

The people were ordered to place the right hand on the left forearm in the prayer. Abu Hazim said, "I knew that the order was from the Prophet (ﷺ)." Sahih al-Bukhari 740

We should place our right hand on left, immediately after the Takbeer. This is the way of the Prophets (peace be upon them), and this is what the Messenger of Allah (peace and blessings of Allah be upon him) enjoined upon his Companions.

Sometimes people put right hand on top of left hand but they take it closer to elbow. That's fine too.

عَنْ طَاوُسٍ، قَالَ كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَضَعُ يَدَهُ الْيُمْنَى عَلَى يَدِهِ الْيُسْرَى
ثُمَّ يَشُدُّ بَيْنَهُمَا عَلَى صَدْرِهِ وَهُوَ فِي الصَّلَاةِ.

Narrated Tawus:

The Messenger of Allah (ﷺ) used to place his right hand on his left hand, and then he folded them strictly on his chest in prayer. Sunan Abi Dawud 759

The hands should be placed on the chest; there is no difference between men and women in this regard.

Some people place their hands under their belly button that is not correct. That hadith is da'eef/weak. (narrated by weak chain of narrators). I say placing them anywhere other than on the chest is da'eef (weak) or has no basis.

Where about we should rap up hands on chest?

Our chest is from ribs to below the neck; whole part is described as chest.

Our Deen has made it easy for us. We must follow the Sunnah. We should learn from Hadith and then adapt our prayers/Salah according to that.