I said to the Messenger of Allah (may Allah's peace and blessings be upon him): Are there two prostrations in Sūrat al-Hajj? He said: Yes, and whoever does not perform them should not read them

‘Uqbah ibn ‘Āmir (may Allah be pleased with him) reported: I said to the Messenger of Allah (may Allah's peace and blessings be upon him): "Are there two prostrations in Sūrat al-Hajj?" He said: "Yes, and whoever does not perform them should not read them."

[Authentic hadith] [Narrated by Abu Daoud]

In this Hadīth, ‘Uqbah ibn ‘Āmir (may Allah be pleased with him) asks the Prophet (may Allah's peace and blessings be upon him) whether or not there are two prostrations in Sūrat al-Hajj. The Prophet (may Allah's peace and blessings be upon him) replied in the affirmative, then he added another ruling to that: "Whoever does not perform them should not read them," meaning: whoever reaches these two verses and does not intend to prostrate upon reading them should not read them in the first place. This prohibition does not indicate unlawfulness; rather, it indicates undesirability, because the prostration of recitation is a (recommended) Sunnah.

http://www.sunnah.global/hadeeth/en/show/11241