Make frequent prostrations to Allah, for you do not make a single prostration to Allah except that Allah raises you one degree therewith and remits one sin from you therewith

Ma‘dān ibn Abi Talhah al-Ya‘mari reported: I met Thawbān, the freed slave of the Messenger of Allah (may Allah's peace and blessings be upon him), and he said: Tell me about a deed to perform by virtue of which Allah admits me to Paradise - or he said: I said: about the deeds that Allah loves most - but he remained silent. Then I asked him, but he remained silent. Then I asked him for the third time, and he said: I asked the Messenger of Allah (may Allah's peace and blessings be upon him) about this, and he said: "Make frequent prostrations to Allah, for you do not make a single prostration to Allah except that Allah raises you one degree therewith and remits one sin from you therewith." Ma‘dān said: Then I met Abu ad-Dardā’ and I asked him and he told me the same as Thawbān.

[Authentic] [Narrated by Muslim]

The Prophet (may Allah's peace and blessings be upon him) was asked about the deed that leads to Paradise or about the deeds that Allah loves most. He (may Allah's peace and blessings be upon him) said to the questioner: Adhere to prostration frequently during the prayer, for you do not make a single prostration to Allah except that Allah raises you one degree therewith and forgives one of your sins therewith.

http://www.sunnah.global/hadeeth/en/show/3732