```php
$filename = 'Test.pdf'; // of course find the exact filename....
header('Pragma: public');
header('Expires: 0');
header('Cache-Control: must-revalidate, post-check=0, pre-check=0');
header('Cache-Control: private', false); // required for certain browsers
header('Content-Type: application/pdf');

header('Content-Disposition: attachment; filename="'. basename($filename) . '";');
header('Content-Transfer-Encoding: binary');
header('Content-Length: ' . filesize($filename));

readfile($filename);

exit;
```

Name the above file as `download.php`

HTML:

```html
<a href="download.php">Test.pdf</a>
```

That should do it.