

Measure the arm from the axilla to the wrist

Size	Measure arm length	Max. Circ. Bicep	Max. Circ. Forearm	Model#
Short	11"–13" (27.9–33cm)	17 1/2" (44.5cm)	14 1/2" (36.8cm)	88UAB-Sx
Average	14"–16" (35.6–40.6cm)	19 1/2" (49.5cm)	16 1/2" (41.9cm)	88UAB-Av
Long	17"–20" (43.2–50.8cm)	21 1/2" (54.6cm)	18 1/2" (47cm)	88UAB-Lx