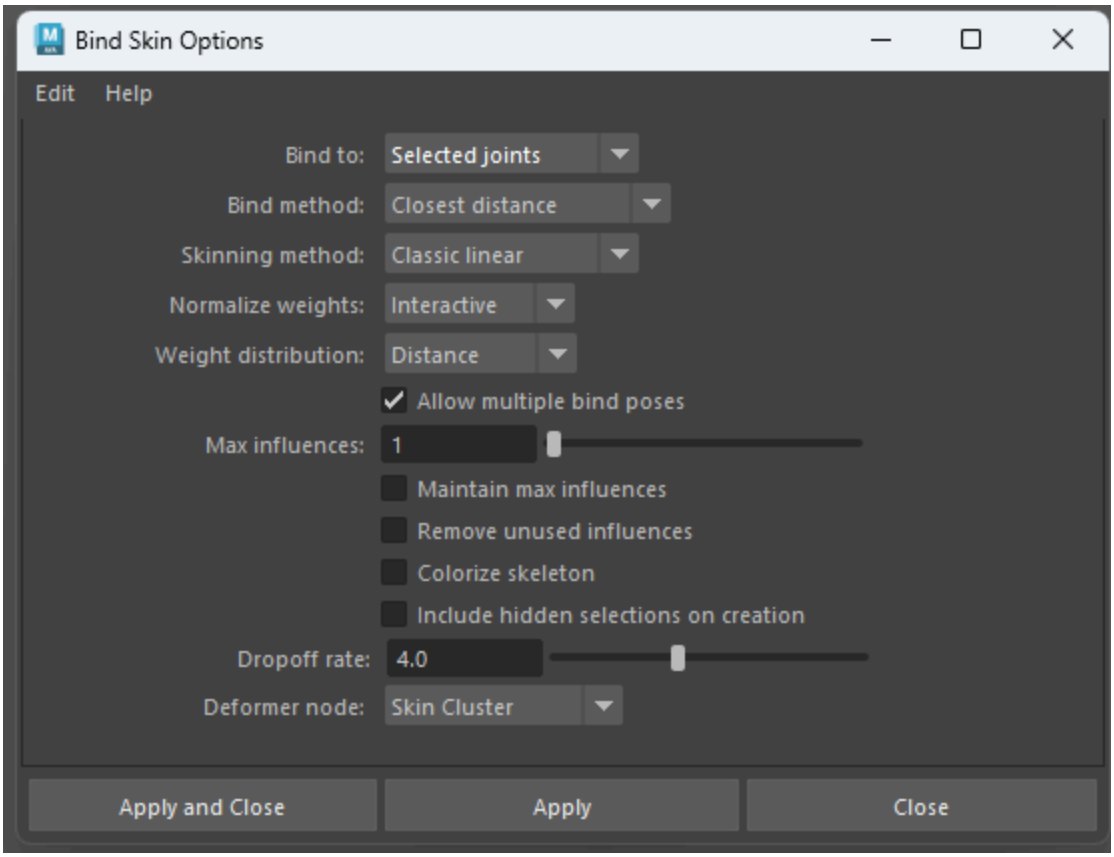
Before starting you gotta make sure that none of the joints has any rotation applied.
You do so, by selecting all of them (Select All Joints) and freezing the transformations (Freezing Transformations).

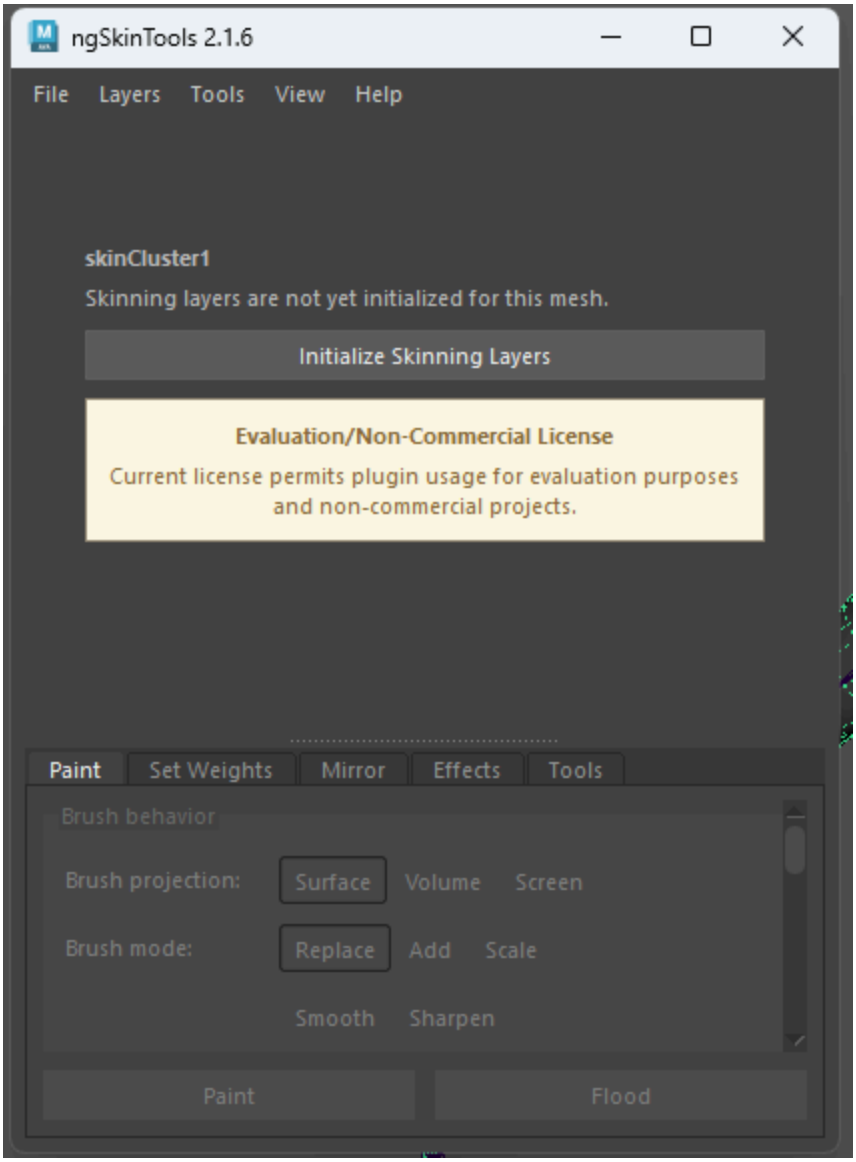
Then it's better using an Utility Mesh.

You start by selecting all the joints you want to skin with and then the mesh you want to skin.

Then Rigging > Skin > Bind Skin
with the following settings:

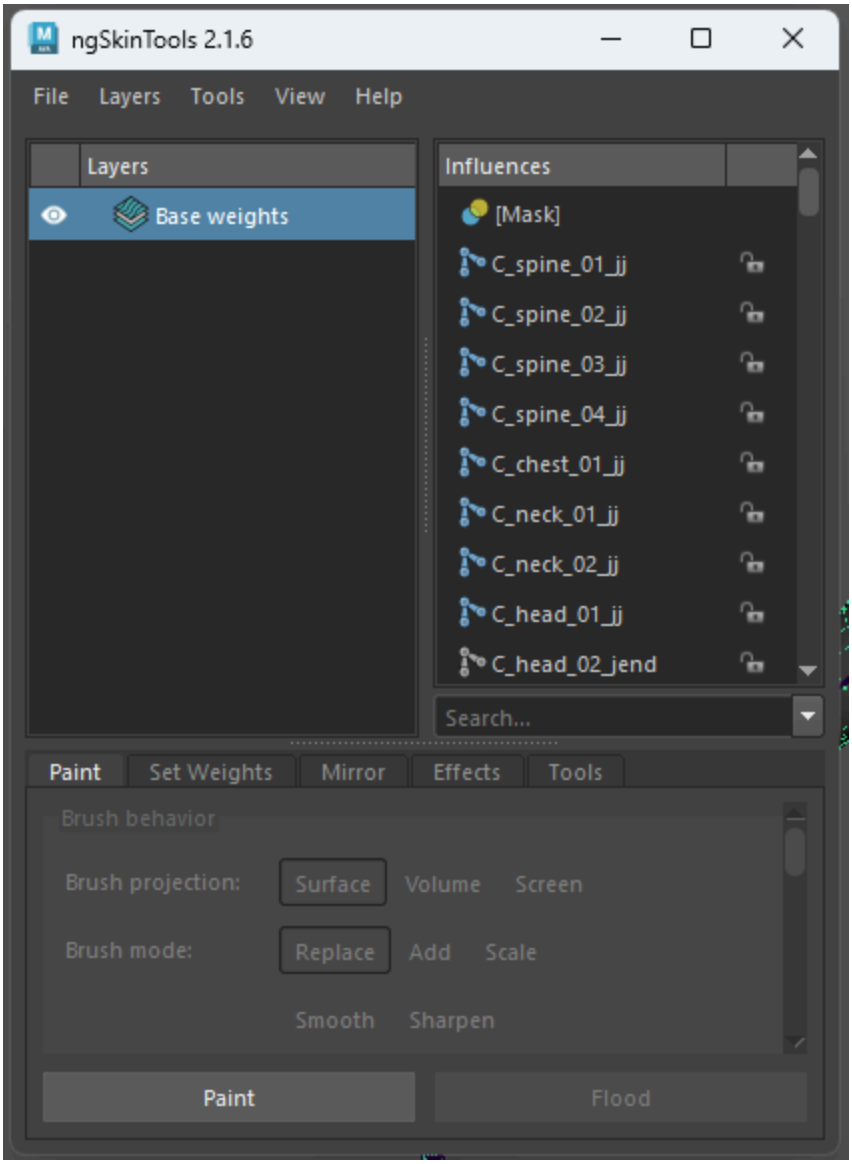


Then you can proceed opening ngSkinTools2 and selecting the just binded mesh.



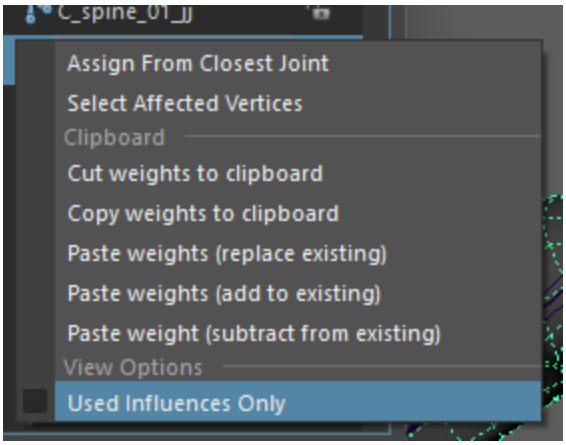
And initialize.

Once initialized you'll find these two columns.



The first one (Layers) will group up all your layers, while the other one (Influences) contains all the joints that acts on the layer and their influences.

Right click on the Influences tab will open this menu:

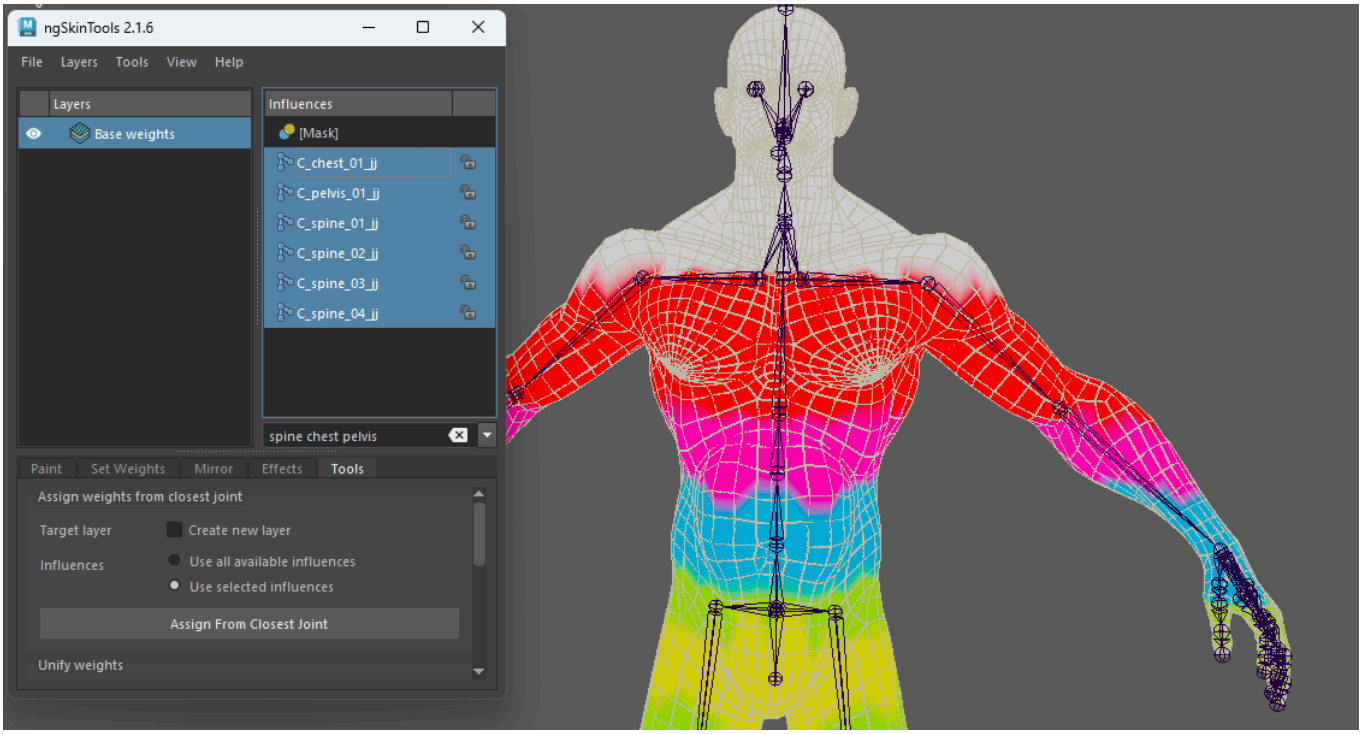


Ticking the latter one will show only the joints that actually influence the layer (hiding the ones

flood with 0 influence).
Anyways, I suggest not to tick it yet.

So, we want to struct our skinning with sublayers to be able to edit the painting on the go without having too much troubles. In order to do so we start renaming the base layer to 'Spine' and search for 'spine chest pelvis' on the influences tab, select all of the joints and Tools > Use selected influences > Assign From Closest Joint.

(clicking on Paint > Paint will show the paint colors and let you paint masks and influences)



Now you have influences only to the previously selected joints.
At this point we wanna clean the influences.

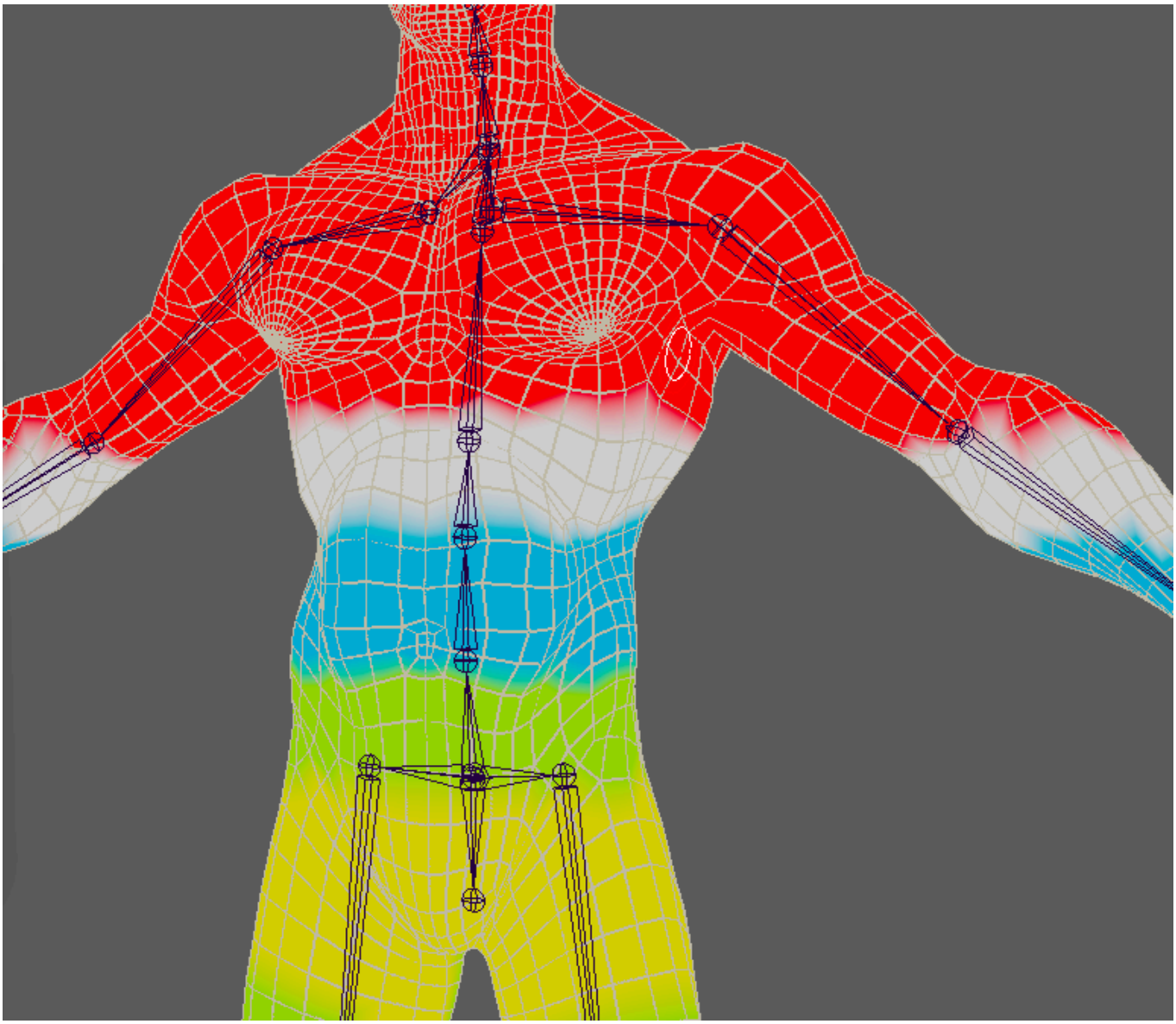
Tip: you can quickly switch joint by holding down 'S' and mousing over the wanted joint (the white portion is the active/currently selected one).

Tip: holding down B and stroking with lmb you can adjust the brush size.

Use Select by component to select easier the mesh when needed.

With this you can quickly fill up zones selecting their faces or vertexes and flooding (Paint > Flood).

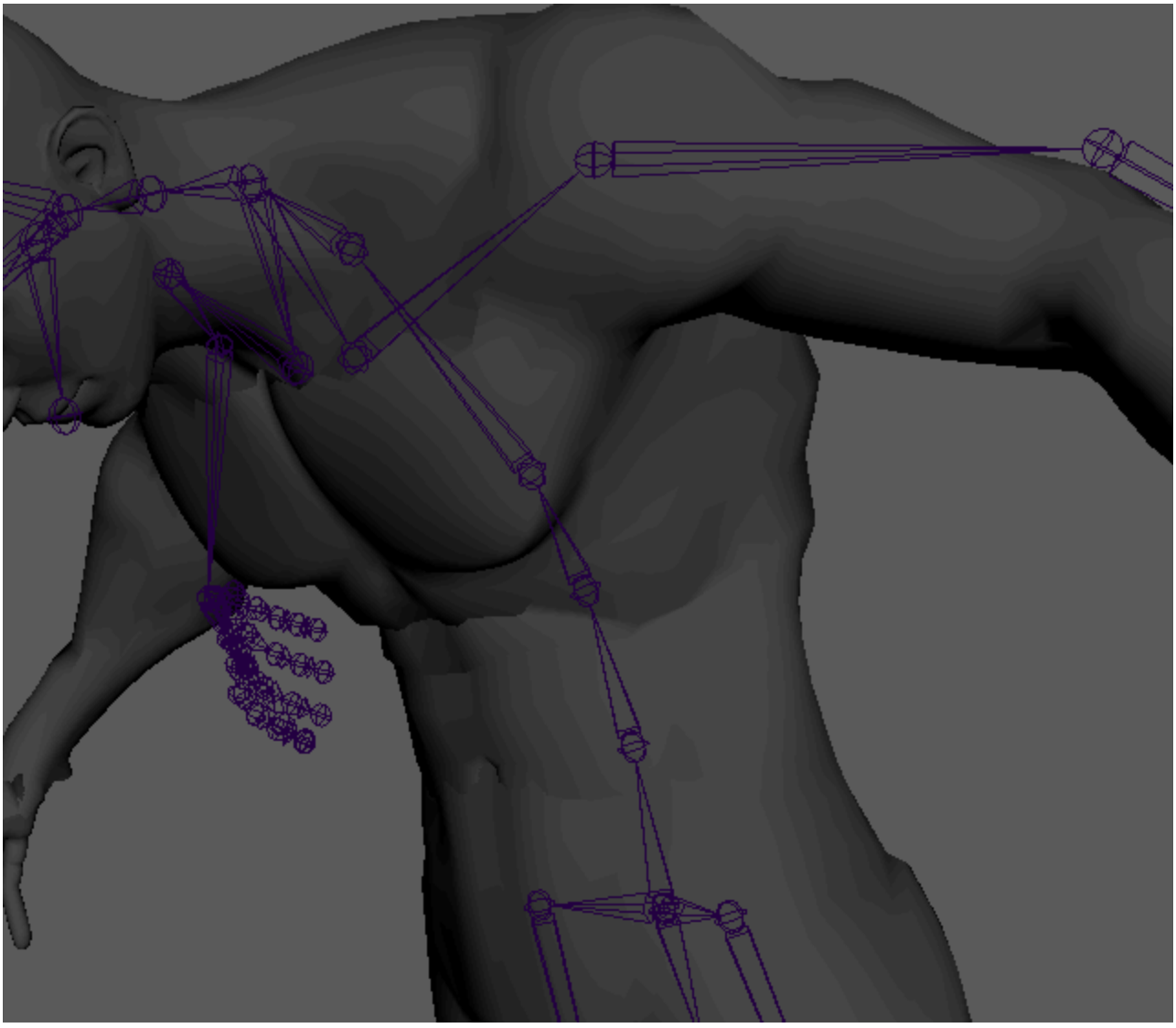
So clean the influence for the other joints of the spine (plus pelvis and chest).



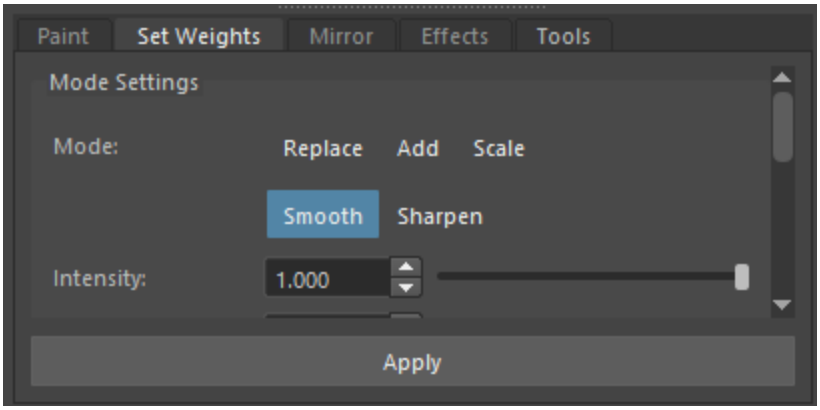
To clean I mean making sure the joint has influence on the right spots (Basically until the next joint*)

You can ignore both limbs and head as it will be overwritten with future layers.

Once cleaned all the joints rotate the joints to start the smoothing.



Here's the smooth settings:



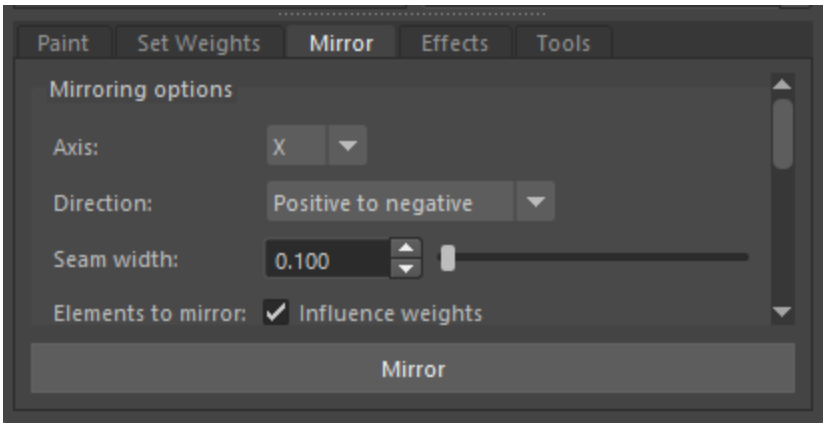
And click 'Apply', you want to click it multiple times and to smooth manually the points that needs it.

To paint manually is Paint > Smooth and you can play a bit with values if you feel the need to.

Also, you want also to work on the left side of the model as you'll mirror the weights later (ngSkinTools mirror works fine).

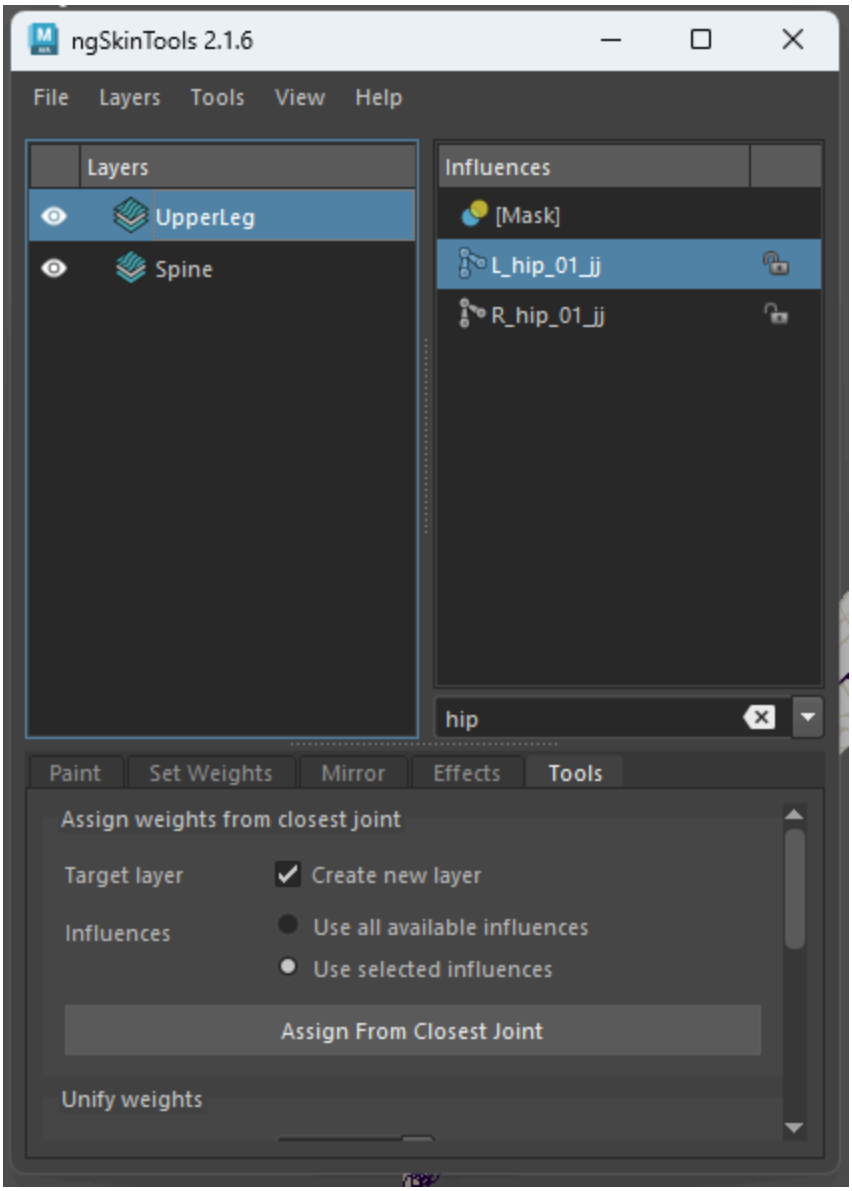
Then rotate the joints in other directions to make sure the mesh deforms well and eventually adjust the influence.

At this point you can mirror the weights selecting the joints one at a time.

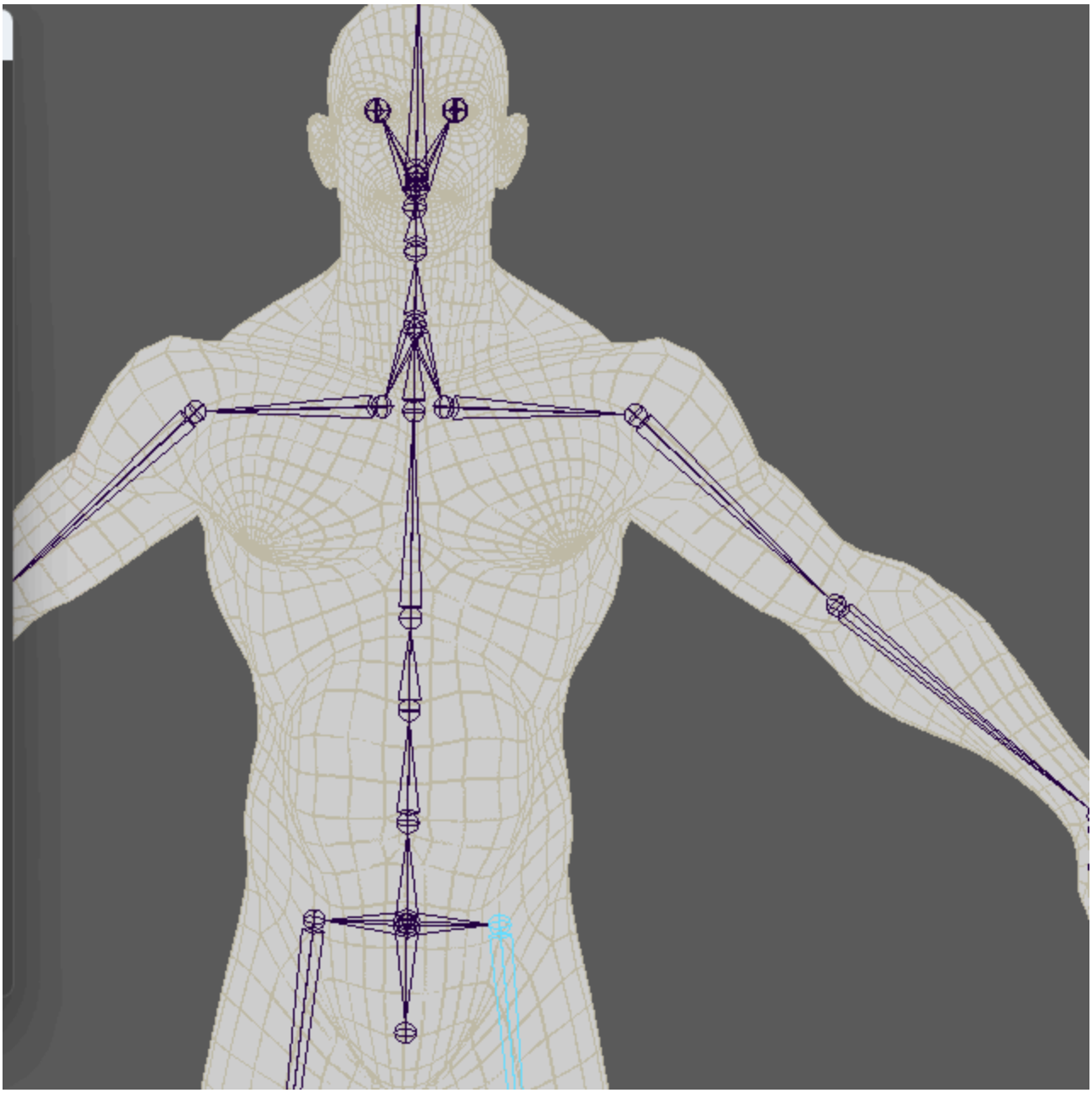


Default settings should do the trick just fine.

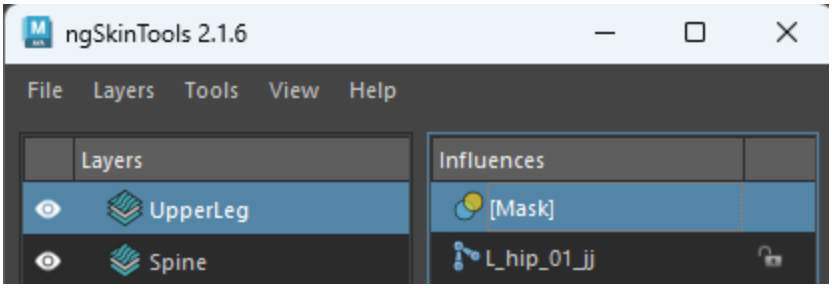
Now let's start with the leg, by searching for 'hip' on the influences tab, select the L joint and in Tools tick 'Create new layer' and assign from closest joint to give the L hip joint the whole influence to that layer.



Call the layer 'UpperLeg'.
Doing so this joint will have full influence to the whole mesh, you can easily tell by looking at the mesh selecting the hip joint from the influences tab. The mesh it's completely white, that said if you would try to rotate that joint the whole body would follow rotating with it.



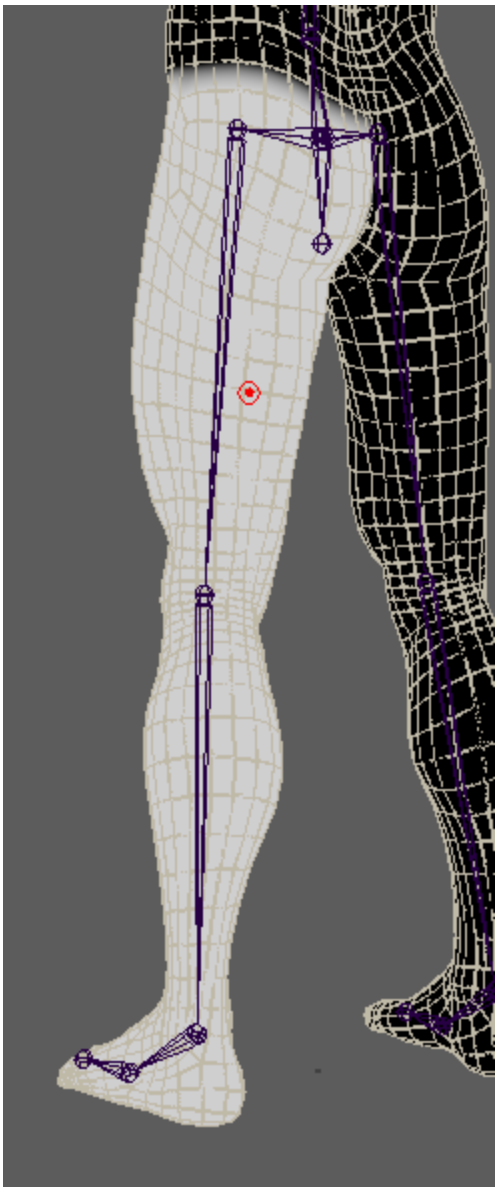
So, we want to limit the influence only to the relative joint chain (in this situation we're talking about the whole left leg) painting the mask.

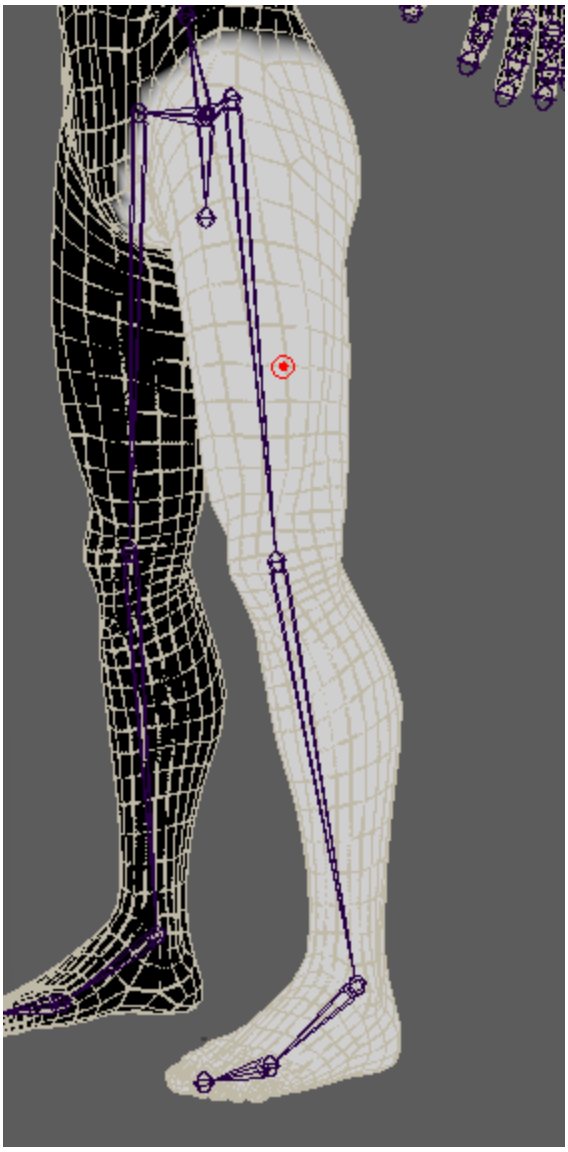


The mesh will now appear a light blue, but as soon as you'll flood it'll be back black and white.

Select all the leg's vertexes and using the Paint > Flood (set on replace) fill the leg, then adjust the mask painting with the brush.

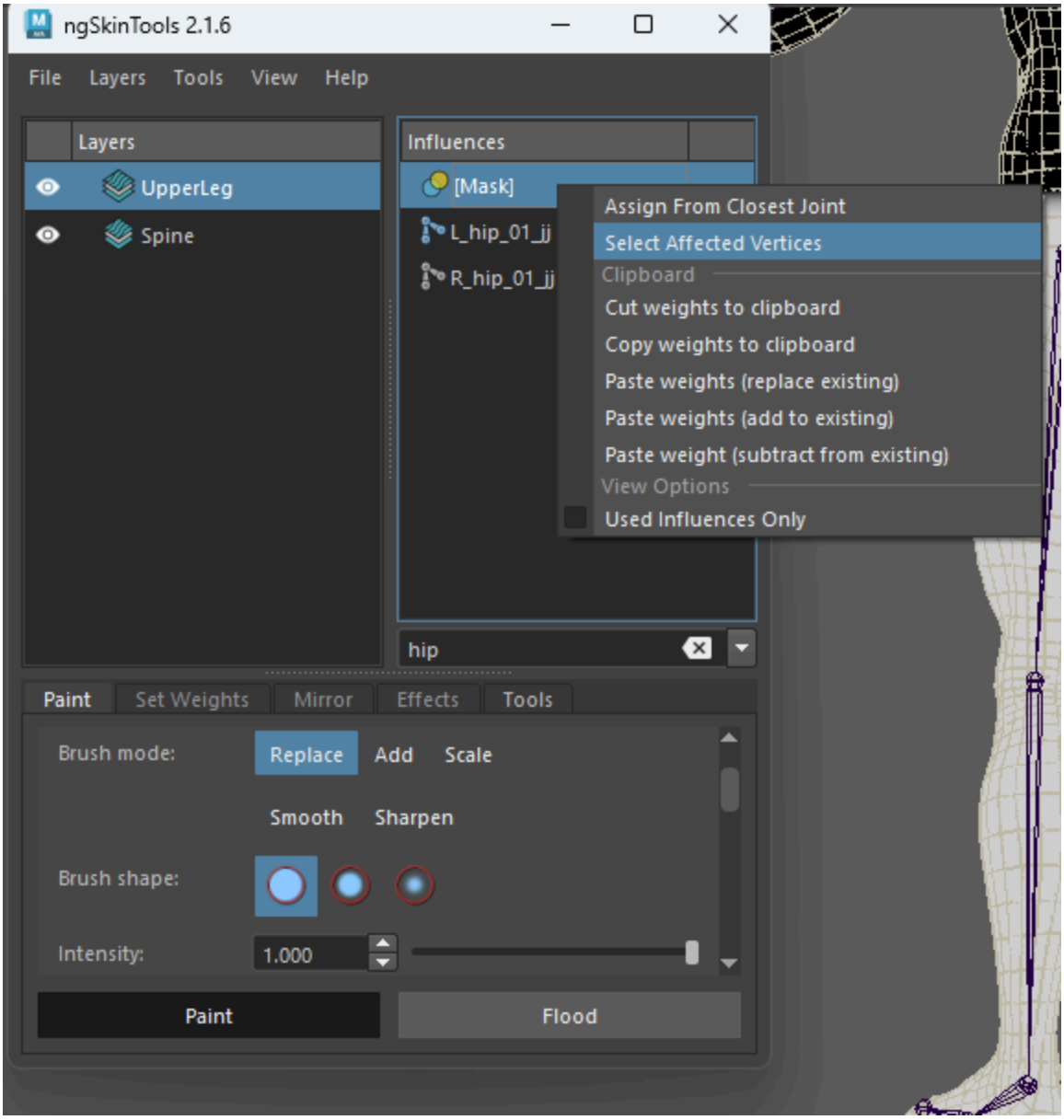
Feel free to use other paint functions to achieve the result you're aiming for.



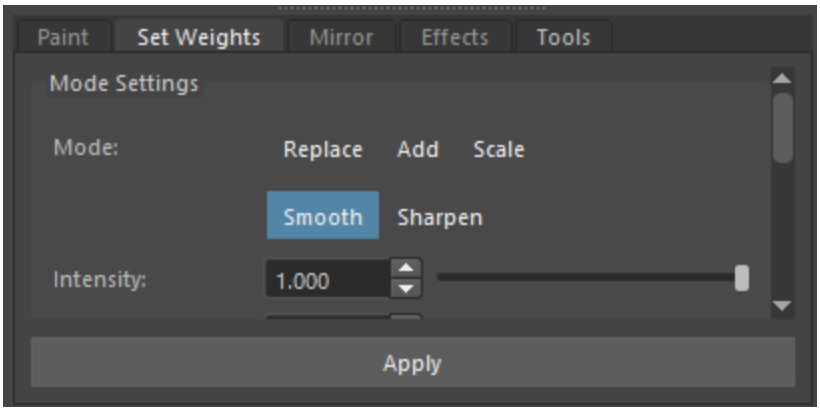


Rotate the leg forward by rotating the hip joint and select back the mesh and click on Paint once more.

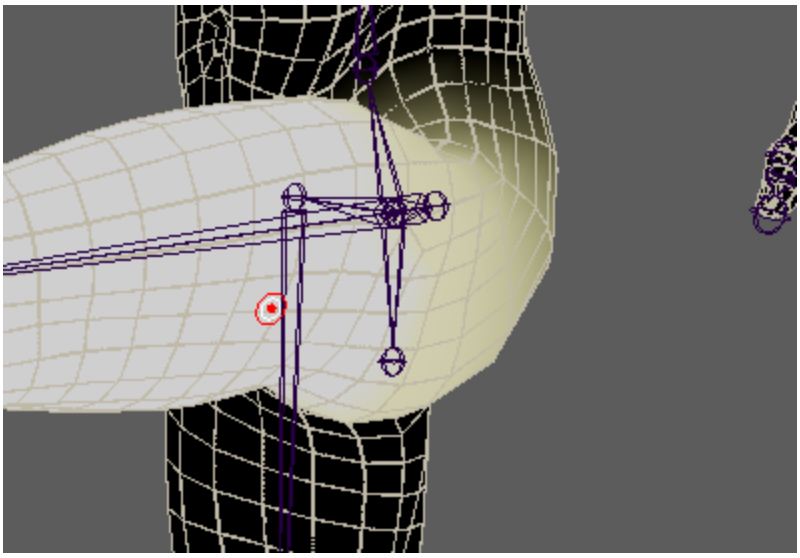
Now select the mask's vertexes



And smooth it a bunch of times from the Set Weights setting as we did earlier

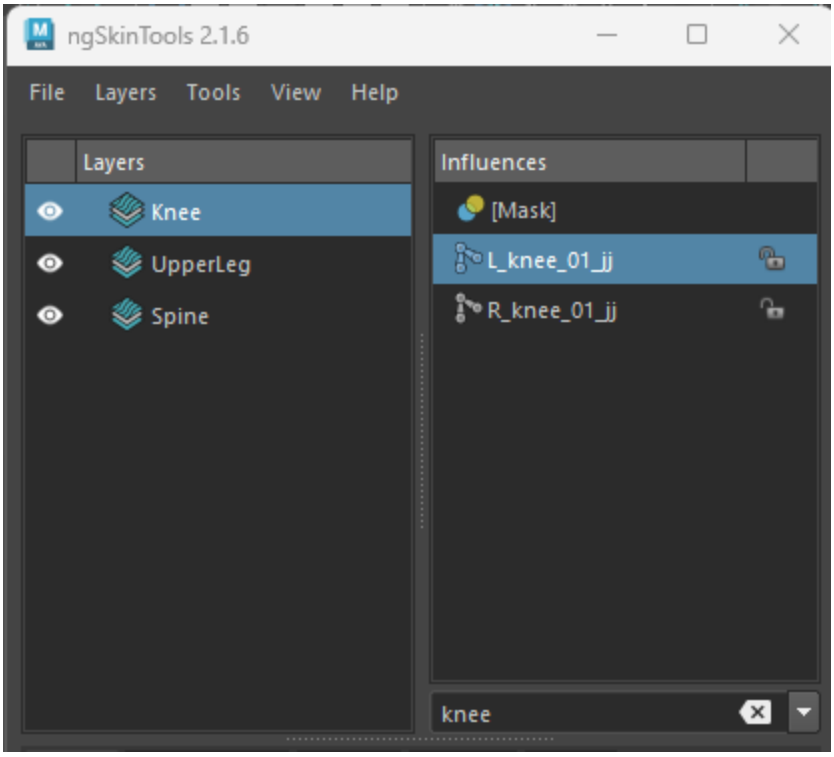


And mix it with Grow Selections and floods a couple more time to have a more faded mask to make the mesh blend more naturally smoothing further with the Paint tool wherever the mesh penetrates itself.

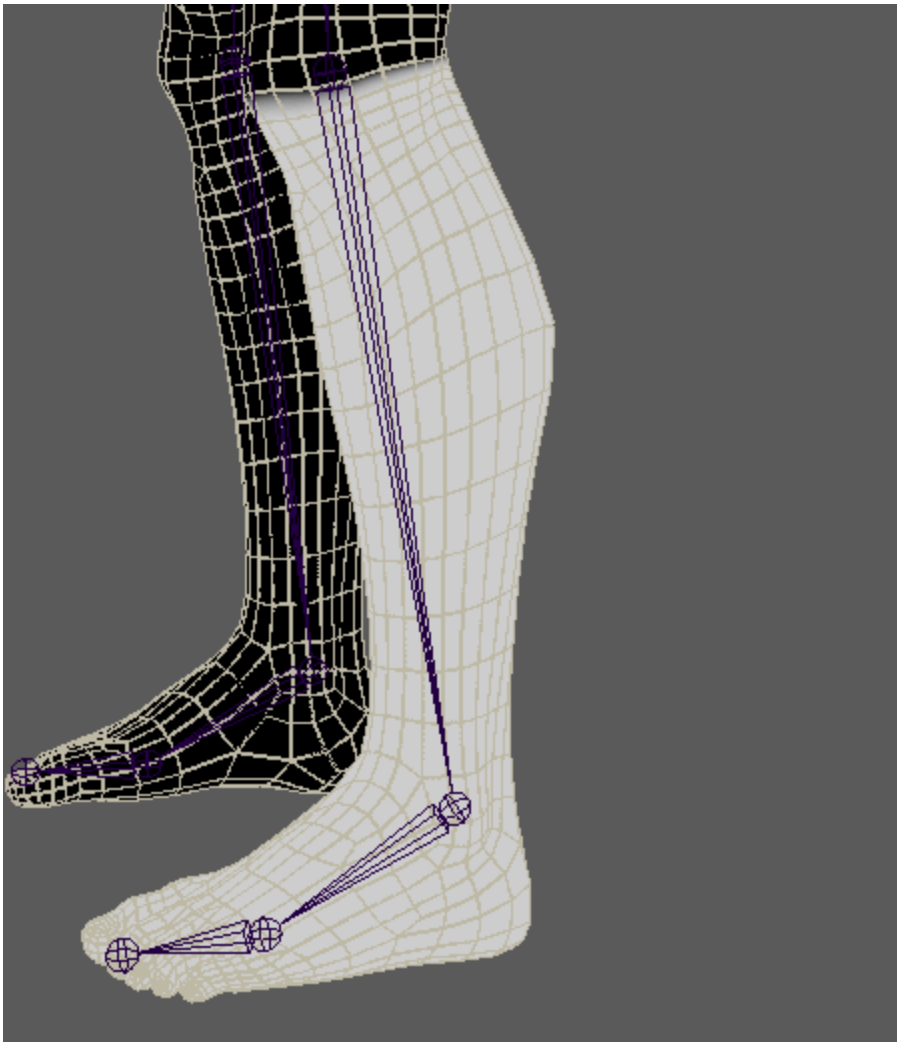


Make also sure rotating the joint in other directions that the deformations are smooth enough and that the model doesn't penetrate itself.

Now let's move on to the knee selecting the right joint and creating the mask as we did before

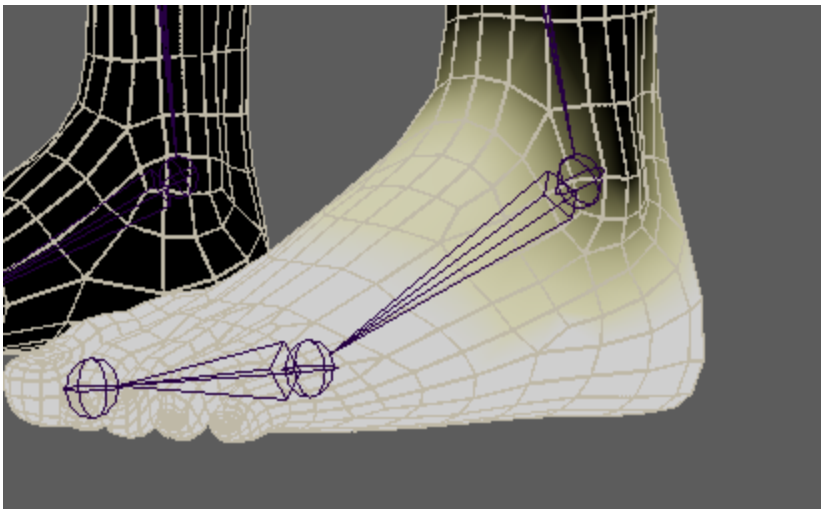


Select the right vertexes and fill the mask

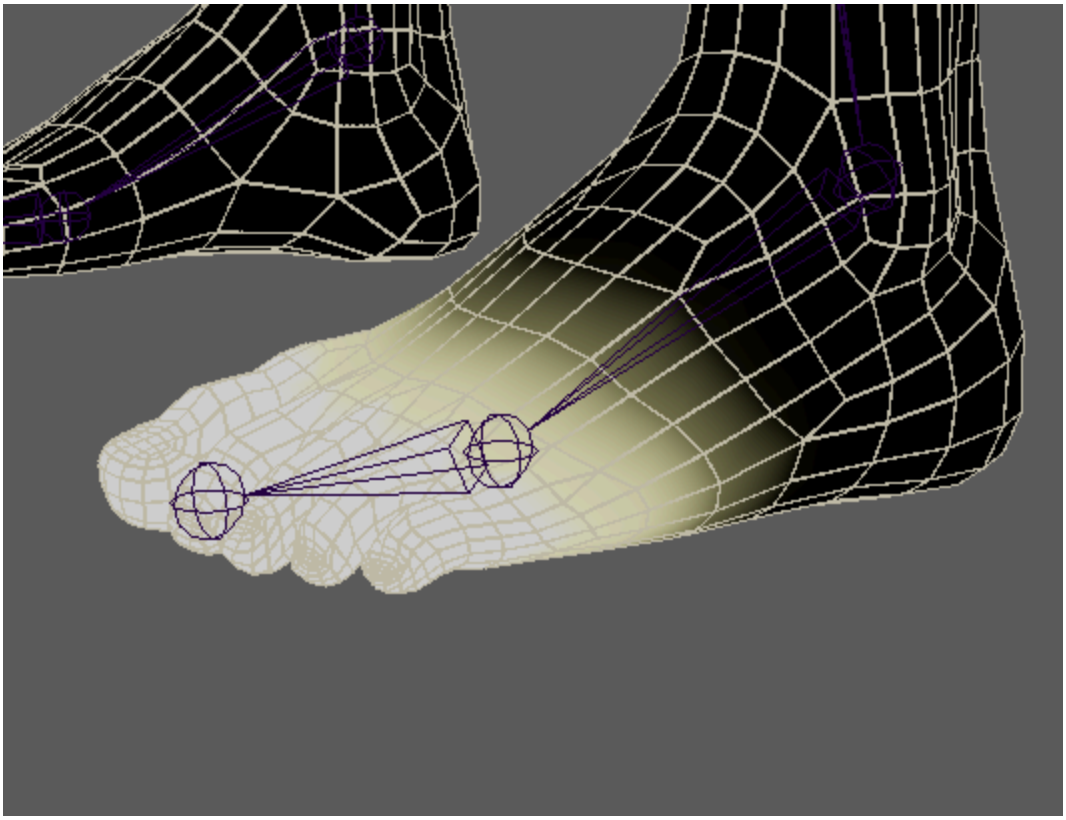


Rotate the joint, behind (like a knee would) select the whole stretched loop and Grow Selection a couple of times and smooth and it should be good to go.

Then do the same thing for the ankle



And for the ball



At this point you finished the left leg, so you can mirror everything and move on.

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minuto 50.15 braccio