Installation : Extract and put "I_Select" folder to your standard Maya script folder
(... Documents\maya\20....\scripts)

Then type and run this in script editor: import I_Select.main
I_Select.main.main()

Save your sets to Json file

Create group for your sets

Open saved Json file with sets.

M | Select   —   □   ✕

| Select

Create new selection set

Torso

Press Select to select objects added to set

■ chest   Select

Hide/ show sets in the group

Legs

■ L_Leg   Select

You can drag and drop sets into the group

Hide/ show objects added to set

■ Right_Leg   Select

■ knees

Double click to change name, then press Enter

Double click to change color

■ All   Select

■ Arms   Select

Add Selected
Remove Selected
Delete Set

Right Click to open context menu where you can:
Add selected object to set

Remove selected objects from set

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Delete set