$$X \longrightarrow Y \longrightarrow Z \longrightarrow X[1]$$

$$\downarrow f \downarrow \downarrow \qquad \qquad \downarrow h \qquad f[1] \downarrow \downarrow \downarrow \qquad \qquad X' \longrightarrow Y' \longrightarrow Z' \longrightarrow X'[1]$$