$$m_{\ell-1} \xrightarrow{\begin{array}{c} \Delta_{p_{\ell}} & \Delta_{p_{\ell+1}} \\ m_{\ell-1} & m_{\ell} & m_{\ell+1} \end{array}} \longrightarrow m_{\ell-1} \xrightarrow{m_{\ell+1}} m_{\ell+1}$$