

$$\hat{H}^{-1}(H; A) \longrightarrow \hat{H}^0(H; X) \longrightarrow \hat{H}^0(H; A_* \oplus \mathbb{Z}) \xrightarrow{\sim} \hat{H}^0(H; A) \xrightarrow{\delta} \hat{H}^1(H; X) \longrightarrow \hat{H}^1(H; A_* \oplus \mathbb{Z})$$

$$0 \longrightarrow \hat{H}^0(H; X) \longrightarrow \mathbb{Z}/|H|\mathbb{Z} \xrightarrow{\sim} A^H/N_H A \longrightarrow \hat{H}^1(H; X) \longrightarrow 0$$