$$
\begin{tikzcd}
X^{n-1} \arrow[rr, two heads] \arrow[dr, two heads] \arrow[rrrr, bend left, "d^{n-1}"] & & B^n \arrow[rr, hook] \arrow[dr, hook] & & X^n \arrow[rr, two heads] \arrow[dr, two heads] \arrow[rrrr, bend left, "d^n"] & & B^{n+1} \arrow[rr, hook] \arrow[dr, hook] & & X^{n+1} \\
& C^{n-1} \arrow[ur, two heads] & & Z^n \arrow[ur, hook] \arrow[dr, two heads] & & C^n \arrow[ur, two heads] & & Z^{n+1} \arrow[ur, hook] \arrow[dr, two heads] & \\
H^{n-1} \arrow[ur, hook] & & & & H^n \arrow[ur, hook] & & & & H^{n+1}
\end{tikzcd}
$$