

$$\begin{array}{ccccccc}
 X^{n-1} & \xrightarrow{\quad} & \twoheadrightarrow B^n & \hookrightarrow & X^n & \xrightarrow{\quad} & \twoheadrightarrow B^{n+1} \hookrightarrow X^{n+1} \\
 & \searrow & \nearrow & & \searrow & \nearrow & \\
 & & C^{n-1} & & & C^n & \\
 & \nearrow & & \searrow & \nearrow & & \\
 H^{n-1} & & & Z^n & & & Z^{n+1} \\
 & & & \searrow & \nearrow & & \\
 & & & & H^n & & \\
 & & & & & & H^{n+1}
 \end{array}$$