

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