

$$\begin{array}{ccccc}
X & \xrightarrow{u} & Y & \xrightarrow{v} & Z \\
\downarrow & & \downarrow v & & \parallel \\
0 & \longrightarrow & Z & \xlongequal{\quad} & Z \\
\downarrow & & \downarrow w' & & \\
X[1] & \xlongequal{\quad} & X[1] & & 
\end{array}
\qquad
\begin{array}{ccc}
& \bullet & \xrightarrow{(w')^*} \bullet \\
(\mathrm{id}_Z)^* \downarrow & & \downarrow 1_{X[1]} \\
& \bullet & \xrightarrow{w} \bullet
\end{array}
\quad \text{反}$$