

$\xrightarrow{\text{word}} \xleftarrow{\text{word}}$

$\xleftarrow[\xrightarrow{\text{word}}]{\text{word}} \xleftarrow[\xrightarrow{\text{word}}]{\text{word}}$

$a^2 \xrightarrow{\text{over}} b \xleftarrow{\text{over}} c$

$a \xrightarrow[\text{under}]{\text{over}} b \xleftarrow[\text{under}]{\text{over}} c$

$a \xrightarrow[\text{under}]{\text{over}} b \xleftarrow[\text{under}]{\text{over}} c$